

# BASEBALL

## Throw



Grip the ball with \_\_\_ fingers across the “horseshoe” part of the laces. Your \_\_\_\_\_ grips underneath the ball. Curl your ring finger and pinky along the side of the ball. In picture 2, notice the \_\_\_\_\_ between the ball and the palm.



Make a \_\_\_\_\_ shape with your elbow and face the ball away from the target. Lead with the \_\_\_\_\_ side of your body.



Turn your \_\_\_\_\_ perpendicular to the target. Lift your glove-side leg and \_\_\_\_\_ towards the target. A longer step will result in a faster, longer throw. As you are stepping, raise your arm into the square shape. While stepping forward, rotate your body so that your \_\_\_\_\_ and \_\_\_\_\_ face the target. After planting your glove side foot, whip your arm forward and release the ball towards the target.