



10U

Throwing

10 Professional Drill Cards

Age-calibrated drills designed for player development at every level.
Free resource from Base9 Sports — Smarter Tools for Baseball & Softball

base9sports.com



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#01

Four-Seam Grip

PLAYERS

4-15

TIME

8 minutes

EQUIPMENT

Baseballs, gloves

OBJECTIVE

- Master the four-seam fastball grip for accurate throws.

SETUP

- Each player with a ball. Coach demonstrates grip.

EXECUTION

- Find four seams across the ball (horseshoe shape)
- Place index and middle finger across the seams
- Thumb underneath on opposite seam
- Fingers on top, thumb on bottom
- Practice finding grip quickly 20 times
- Show partner your grip for check
- This is your main throwing grip

COACHING POINTS

- Four seams creates straight, accurate throw
- Fingers across seams, not with them
- Don't grip too tight - hold it loose
- Should see daylight between ball and palm
- This grip makes ball fly straight
- Use this grip on all throws

MAKE IT A GAME

- Grip Race: Coach calls 'GRIP!' Players find four-seam grip. Fastest correct grip = point. Best of 10!

#02

Step Toward Target

PLAYERS

2-12 (pairs)

TIME

10 minutes

EQUIPMENT

Balls, gloves, markers

OBJECTIVE

- Learn to step directly toward target when throwing.

SETUP

- Partners medium range apart. Line marked between them.

EXECUTION

- Player with ball points front shoulder at partner
- Step toward partner with front foot
- Front foot should land pointing at partner
- Throw ball using proper mechanics
- Partner returns using same mechanics
- Complete 20 throws each
- Check that front foot points at target each time

COACHING POINTS

- Step toward target, not to side
- Front foot points where you want ball to go
- If foot points left, ball goes left
- Direction of throw starts with feet
- This is foundation of accuracy
- Master this and be accurate

MAKE IT A GAME

- Foot Check: Partner watches front foot. Perfect step = 2pts. Offline step = 0pts. First to 20 wins!

#03

Long Toss Progression

PLAYERS

2-12 (pairs)

TIME

12 minutes

EQUIPMENT

Balls, gloves, distance markers

OBJECTIVE

- Build arm strength through progressive distance throwing.

SETUP

- Start close range apart. Markers at progressive distances.

EXECUTION

- Begin at close range with proper mechanics, 10 throws
- Move to 45 feet, 10 throws
- Move to standard distance, 10 throws (base paths)
- Advanced: Move to 75-90 feet if capable
- Add arc on longer throws
- Return to standard distance for final 10 throws
- Total time: 12 minutes

COACHING POINTS

- Always use proper mechanics, even long toss
- Add arc when needed for distance
- Never sacrifice form for distance
- This builds arm strength safely
- 60' is distance of bases - important to master
- Long toss 2-3 times per week

MAKE IT A GAME

- Distance Progress: Track farthest accurate throw. Try to improve each week!

#04

Quick Release

PLAYERS

4-10 (pairs)

TIME

10 minutes

EQUIPMENT

Balls, gloves, stopwatch

OBJECTIVE

- Develop fast transfer from glove to throwing hand.

SETUP

- Partners close range apart.

EXECUTION

- One partner tosses ball to other
- Receiving player catches in glove
- Immediately transfers ball to throwing hand
- Grips ball and throws back
- Focus on speed of catch-to-release
- Each player 15-20 quick releases
- Time best catch-to-throw time

COACHING POINTS

- Glove and throwing hand work together
- Don't reach in glove - bring hands together
- Quick feet help quick hands
- Grip ball in hand as you catch it
- Speed with accuracy, not just speed
- Critical for double plays and stealing

MAKE IT A GAME

- Beat The Clock: Time catch-to-release. Under 1.5 seconds = 2pts, under 2 = 1pt. Most points wins!

#05

Throwing Through Cutoff

PLAYERS

6-12

TIME

10 minutes

EQUIPMENT

Balls, gloves, bases or markers

OBJECTIVE

- Learn to throw through cutoff man to target base.

SETUP

- Three players in line: thrower, cutoff, base. standard distance total distance.

EXECUTION

- Thrower has ball
- Cutoff stands close range from thrower, hands up
- Base is close range past cutoff
- Thrower throws through cutoff to base
- Ball should be chest-high, in line
- Cutoff can let it go or cut it
- Each position rotates, 6-8 throws each

COACHING POINTS

- Throw through cutoff, not to him
- Ball should reach base on the fly or one hop
- Cutoff decides to cut or let go
- Thrower's job: strong, accurate throw
- This is how OF returns ball to infield
- Good relay throws prevent extra bases

MAKE IT A GAME

- Strike Zone: Cutoff has strike zone. Through zone = 2pts. Catchable = 1pt. Offline = 0pts. First to 15!

#06

Accuracy Buckets

PLAYERS

4-12

TIME

12 minutes

EQUIPMENT

Balls, gloves, 3 buckets at 30', 45', ...

OBJECTIVE

- Improve throwing accuracy at various distances.

SETUP

- Buckets at 30, 45, and standard distance. Throwing line marked.

EXECUTION

- Each player gets 3 balls
- One throw to each bucket (30', 45', 60')
- Try to land ball in bucket or hit it
- Rotate through 3 rounds (9 throws total)
- Track hits and near-misses
- Adjust throw based on distance
- Harder buckets worth more points

COACHING POINTS

- Closer bucket = less power needed
- Farther bucket = more power, higher arc
- Aim slightly above bucket for arc
- Accuracy matters more than power
- Each distance needs different throw
- Practice all distances for game situations

MAKE IT A GAME

- Points: 60' bucket = 3pts, 45' = 2pts, 30' = 1pt. Hit bucket for points. Most points wins!

#07

Crow Hop Technique

PLAYERS

4-12

TIME

10 minutes

EQUIPMENT

Balls, gloves, OF area

OBJECTIVE

- Learn crow hop for stronger throws from outfield.

SETUP

- Outfield positions. Coach rolls balls. Targets at appropriate distance.

EXECUTION

- Coach rolls ball to outfielder
- OF fields ball
- Uses crow hop: skip step, plant back foot, throw
- Crow hop adds momentum to throw
- Practice 10-12 throws with crow hop
- Focus on smooth hop, not big jump
- Throw to targets with good arc

COACHING POINTS

- Crow hop is small skip/shuffle, not big leap
- Gather momentum toward target
- Plant back foot hard and drive
- This makes throws stronger and farther
- Use in games for throws from outfield
- Master this for 60'+ throws

MAKE IT A GAME

- Distance Throw: With crow hop, measure farthest accurate throw. Track personal best!

#08

Around The Horn

PLAYERS

8-12

TIME

10 minutes

EQUIPMENT

Balls, gloves, bases set up

OBJECTIVE

- Practice quick, accurate throws around the infield.

SETUP

- Players at home, third, second, first. Extra players rotate.

EXECUTION

- Start ball at home
- Throw to third base
- Third throws to second
- Second throws to first
- First throws home
- Continue for 2 minutes
- Count completed circuits
- Switch directions (reverse horn)

COACHING POINTS

- Quick catch and throw
- Chest-high accurate throws
- Give teammate good target with glove
- Communicate: call names
- This builds arm strength and accuracy
- Simulates game throwing

MAKE IT A GAME

- Speed Round: Most complete throws around horn in 2 minutes. Try to beat record!

#09

Pitcher Covering First

PLAYERS

4-8

TIME

10 minutes

EQUIPMENT

Balls, gloves, bases, fungo

OBJECTIVE

- Teach pitchers to cover first base on grounders to right side.

SETUP

- Pitcher on mound , first and second basemen ready.

EXECUTION

- Coach hits grounder to first or second base
- Pitcher immediately runs toward first base
- Runs inside baseline to avoid collision
- Fielder scoops ball and tosses to pitcher
- Pitcher catches while running, touches base
- Practice 10-12 times per pitcher
- Timing is critical

COACHING POINTS

- Break to first on ANY grounder to right side
- Run hard - get there before runner
- Run inside the baseline (foul territory)
- Find bag with feet while catching ball
- This play saves outs
- Every pitcher must master this

MAKE IT A GAME

- Beat Runner: Time pitcher to bag. Must arrive before simulated runner (4 seconds). Track success rate!

#10

Game Throwing Scenarios

PLAYERS

10-15

TIME

12 minutes

EQUIPMENT

Full field, balls, gloves, bases, runn...

OBJECTIVE

- Practice making right throws in game situations.

SETUP

- Full defense. Runners on bases. Coach creates scenarios.

EXECUTION

- Coach sets situation: runners, outs, score
- Coach hits ball to various positions
- Fielders must make correct throw
- Ex: Runner on 3rd < 2 outs = throw home
- Ex: Nobody on = throw to first
- Practice 8-10 different scenarios
- Debrief: right throw? successful?

COACHING POINTS

- Know situation before pitch
- Think: where will I throw?
- Make smart throw, not just strong throw
- Get sure out when available
- Communicate before play
- Right decision + good throw = outs

MAKE IT A GAME

- Situation Points: Correct throw choice = 2pts. Successful out = bonus 1pt. Wrong throw = 0pts!