

## Throwing Drill #2

### The Step-Behind Drill

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### Goals of the Step-Behind Drill

- ✓ The #1 predictor of velocity is body mass

**Relationships between ball velocity and throwing mechanics in collegiate baseball pitchers**

was  $83 \pm 9$  kg. Pitchers with larger body mass tended to throw the ball faster than those who weighed less.

- ✓ Build momentum to maximize velocity
  - ✓ Momentum = Mass x Velocity

**"The quicker you go, the harder you throw"**

### Performing the Step-Behind Drill

- ✓ Hips move first, leaning over the front foot
  - ✓ Gets center of gravity moving toward target
- ✓ Move the back foot behind the front foot
- ✓ Maintain steady head movement
- ✓ Have a strong front leg to control momentum
  - ✓ Front leg in hitting / slapshot / golf swing

### Step-Behind Drill Video



## Thank You!



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