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# PERSONAL TRAINER

IMPROVING YOUR HEALTH AND FITNESS

## How to throw a baseball

Throwing a baseball might seem to be simple and natural, but these skills can make your throws much longer and more accurate.



### Grip the seams

Hold ball with fingertips, not in your palm.

Two fingers reach over ball and touch seam side by side.

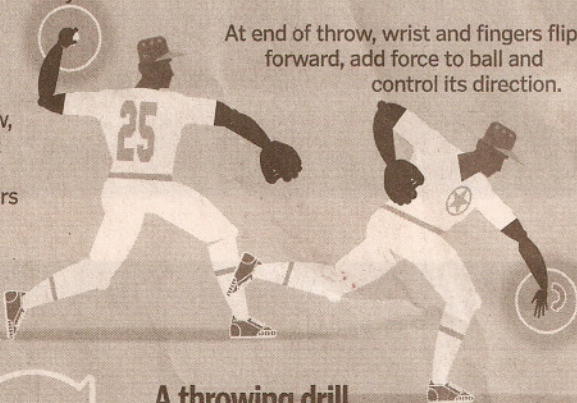
On back of ball, touch seam with thumb.

### Keep wrist loose

Do not throw with a stiff wrist — it will hurt your distance and accuracy.

At start of throw, wrist and fingers lock.

At end of throw, wrist and fingers flip forward, add force to ball and control its direction.



### A throwing drill

Practice throwing with just your wrist and fingers — they are surprisingly strong.



SOURCE: Quality Coaching Baseball