Set up a target on a wall or use a pitch back. If throwing at a wall, use a tennis ball.

* using tape, create a box for a target
  + cut 4, 1 ½ ft long pieces
  + place on wall making a box shape,
  + bottom of the box 4 ft off the ground; top of the box 5 ½ feet from the ground.
* When Throwing focus on Following Items:
  + Hold Ball in finger tips and pad of hands; NOT in palm
  + Arm extended away and back of body
  + While holding the ball, palm of hand pointing away from body or down at the ground
  + When throwing, throwing hand must come over the top, higher than the ear
  + Body is turned with Hip, Non-throwing Shoulder and Glove hand pointing at target at start, then rotating back side toward target
  + Release with wrist flip, bring the hand over the elbow, and follow through with hand hitting middle of body

1. One Knee Wrist Flips
   1. 10 feet from target
   2. Kneel on right (throwing hand side) knee, with other knee upright
   3. Belly button facing target, throwing arm bent at elbow in 90 degree angle, ball in hand
   4. Arm up and in front of body with elbow shoulder height
   5. Flipping your wrist, flip ball at target
   6. **Try and hit target 10 times**
2. One Knee Toss
   1. 20 feet from target
   2. Kneel on right (throwing hand side) knee, with other knee upright
   3. Turn non throwing shoulder and point glove hand toward box (target)
   4. Have throwing arm back, arm at 90 degree angle, elbow shoulder high, palm pointing away from body or down toward the ground
   5. **Try and hit the target 10 times**
3. Standing, 90 Degree No Step
   1. 30 feet from target
   2. Standing, with non throwing shoulder, hip and arm pointing at target
   3. Front foot toes pointing 45 degrees, back foot toes pointing 90 degrees away from target
   4. Have throwing arm back, arm at 90 degree angle, elbow shoulder high, palm pointing away from body or down toward the ground
   5. Throw ball making sure shoulders, hips and front foot turn toward target
   6. Release with wrist flip above the ear and arm "following through" to middle of body
   7. **Try and hit the target 10 times**
4. Standing, Full Range of Motion No Step
   1. 30 feet from target
   2. Standing, with non throwing shoulder, hip and arm pointing at target
   3. Front foot toes pointing 45 degrees, back foot toes pointing 90 degrees away from target
   4. Have throwing arm back, arm down, hand by hip, palm pointing down toward the ground
   5. Begin Throw by moving arm in counter clockwise motion, rotating arm to release point above ear
   6. Making sure shoulders, hips and front foot turn toward target as arm moves to release point
   7. Release with wrist flip above the ear and arm "following through" to middle of body
   8. **Try and hit the target 10 times**
5. Standing, 90 Degree With Step
   1. 40 feet from target
   2. Standing, with non throwing shoulder, hip and arm pointing at target
   3. (follow Standing, 90 Degree No Step)
   4. As making throw with arm back and at 90 degree angle, take small step toward target with front foot and push with back foot
   5. **Try and hit the target 10 times**
6. Standing, Full Range of Motion With Step
   1. 40 feet from target
   2. Standing, with non throwing shoulder, hip and arm pointing at target
   3. (Follow Standing, Full Range of Motion No Step)
   4. As making throw with arm down by side, take small step toward target with front foot and push with back foot
   5. **Try and hit the target 10 times**
7. Rotation, Full Range of Motion With Step
   1. 40 feet from target
   2. Standing, with belly button facing the target
   3. Turn non throwing shoulder and hip toward target and moving non throwing side foot as begin throwing motion with arm beginning down by side, palm pointing down.
   4. Moving arm in counter clockwise motion, rotating arm to release point above ear
   5. Making sure shoulders, hips and front foot turn toward target as arm moves to release point
   6. Release with wrist flip above the ear and arm "following through" to middle of body
   7. **Try and hit the target 10 times**
8. Full Range of Motion With Skip Step
   1. 45 feet from target
   2. Standing, with non throwing shoulder, hip and arm pointing at target
   3. (Follow Standing, Full Range of Motion No Step)
   4. As making throw with arm down by side, bring back foot toward front foot or cross back foot behind front foot, then step forward with front foot
   5. **Try and hit the target 10 times**
9. Rotation, Full Range of Motion With Skip Step
   1. 45 feet from target
   2. Standing, with belly button facing the target
   3. Turn non throwing shoulder and hip toward target and moving non throwing side foot as begin throwing motion with arm beginning down by side, palm pointing down.
   4. As making throw with arm down by side, bring back foot toward front foot or cross back foot behind front foot, then step forward with front foot
   5. Moving arm in counter clockwise motion, rotating arm to release point above ear
   6. Making sure shoulders, hips and front foot turn toward target as arm moves to release point
   7. Release with wrist flip above the ear and arm "following through" to middle of body
   8. **Try and hit the target 10 times**
10. Throwing Medley (Hit target once, and then to next. See how many throws it takes)
    1. 30 feet from target, Standing, 90 Degree No Step
    2. 30 feet from target, Standing, Full Range of Motion No Step
    3. 40 feet from target, Standing, 90 Degree With Step
    4. 40 feet from target, Standing, Full Range of Motion With Step
    5. 40 feet from target, Rotation, Full Range of Motion With Step
    6. 45 feet from target, Full Range of Motion With Skip Step
    7. 45 feet from target, Rotation, Full Range of Motion With Skip Step
    8. 40 feet from target, Rotation, Full Range of Motion With Step
    9. 40 feet from target, Standing, Full Range of Motion With Step
    10. 40 feet from target, Standing, 90 Degree With Step