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Little Things Create Great Throwing Habits

I. Coach's Responsibility

- A. How to Organize Throwing Program
- B. What a Good Program Looks Like

II. Starting at the Bottom - Don't Let the Start Destroy the Delivery

- A. Proper Footwork for Long Toss
- B. Stress Weight on Heel - Kill the Drift
- C. Proper Positioning on the Pitching Rubber

III. The Athletic Power Position

- A. How to Get to a Great Coil Position
- B. What does it mean to be Athletic?
- C. The Hip, the Front Foot and Why

IV. The Upper Half and What Should it be Doing

- A. Proper Separation and How Do we Fix It
- B. The Back Shoulder and How it is the Most Important Thing

V. The Head Relationship to the Arm

- A. Where is the Optimum Arm Slot?
- B. How Do I Keep the Head Still?

VI. Summary