

Throwing Drill #1

The 2-Knee Drill

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2-Knee Drill Goals

- ✓ Establish proper upper body control
- ✓ Find your proper arm slot
 - ✓ There is no one correct arm slot
 - ✓ The arm slot is the end result of body movement

*Put your body in proper throwing position
and your arm will find the correct throwing path.*

Goals of the 2-Knee Drill

- ✓ Face body 45 degrees toward throwing arm side
- ✓ Eventually build up to pitching distance
- ✓ Keep head stationary when turning shoulders to throw
 - ✓ Just like hitting / golfing / hockey / tennis
 - ✓ Turn, don't tilt, your shoulders

1 Way Pitchers Can Decrease Shoulder and Elbow Stress

August 6th, 2013

2-Knee Drill Video

Thank You!



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