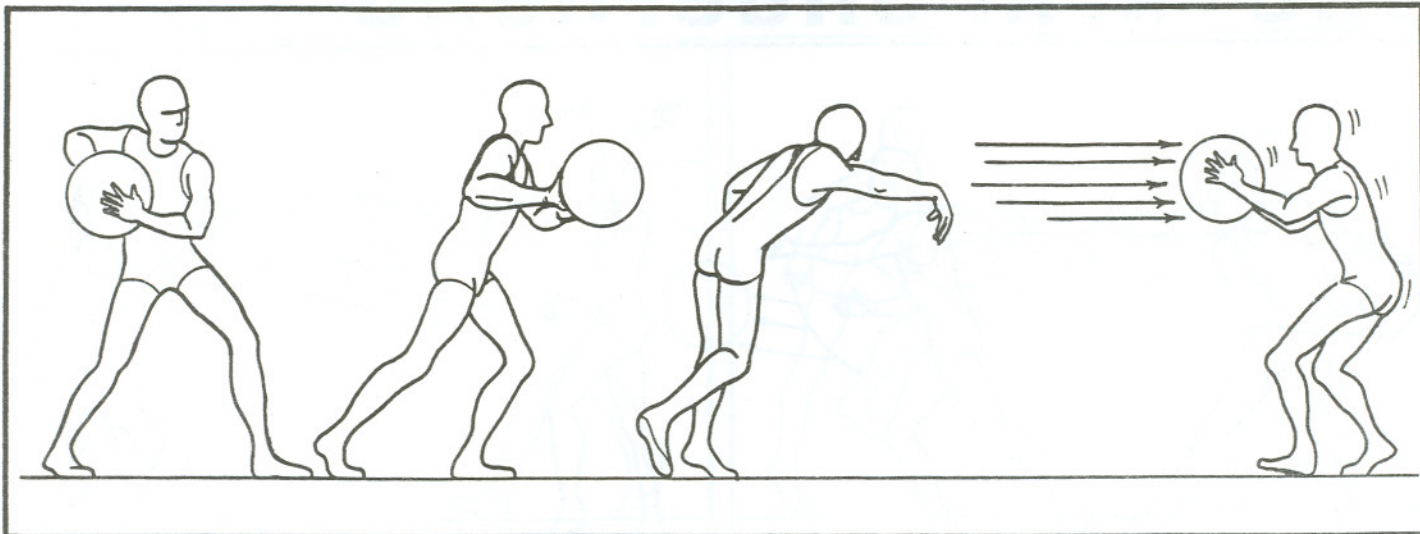
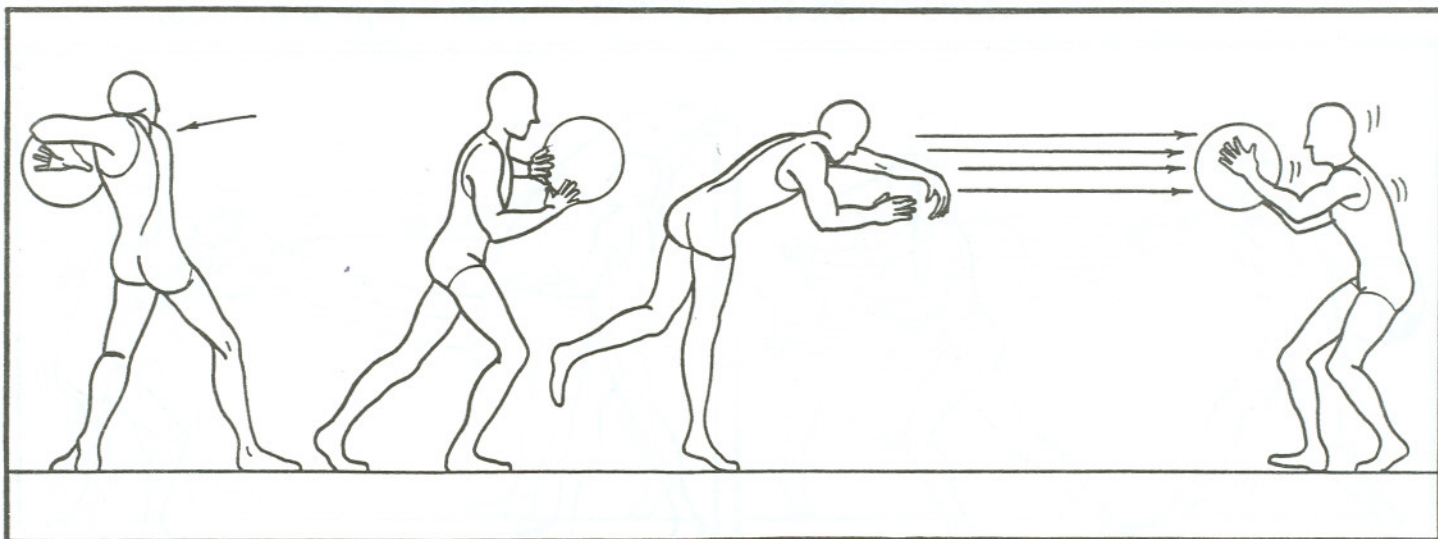


One-Arm Thrusts



Catcher initiates the action by tossing the ball to the chest...
...Step heel-and-toe to trigger the throw...
...follow-through, and be ready for the return toss...



Continue smooth forward motion and throw accurately...
...use the whole body to release the ball explosively...

Do: Perform One-Arm Thrusts unilaterally or alternating; use a three step pattern to establish an alternating locomotion rhythm. Feel active sequentially in the legs, hips, spine, shoulder, elbow and wrist.
Don't: Throw the ball before the heel of the lead foot touches down. Stop or hesitate forward motion during or after the throw.