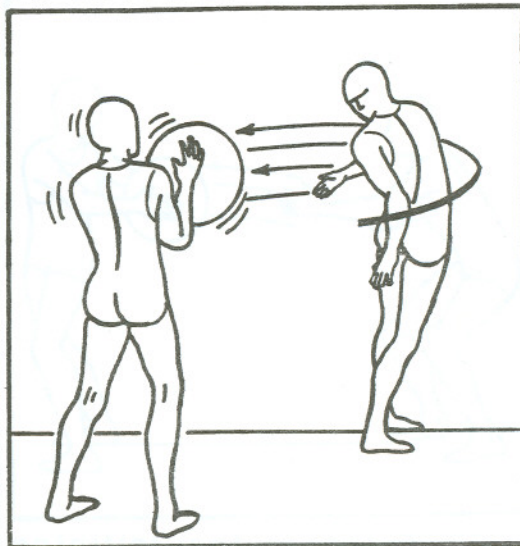
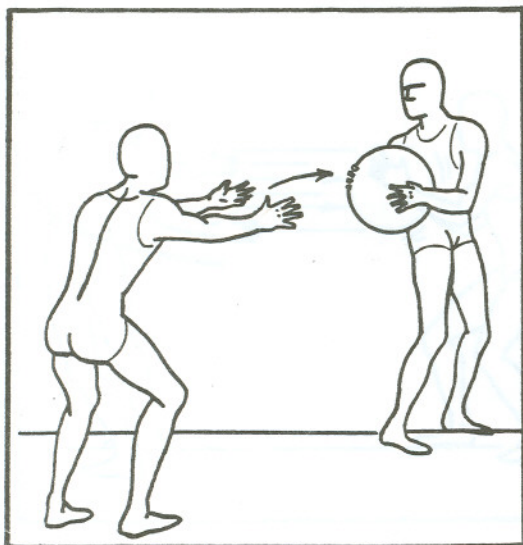


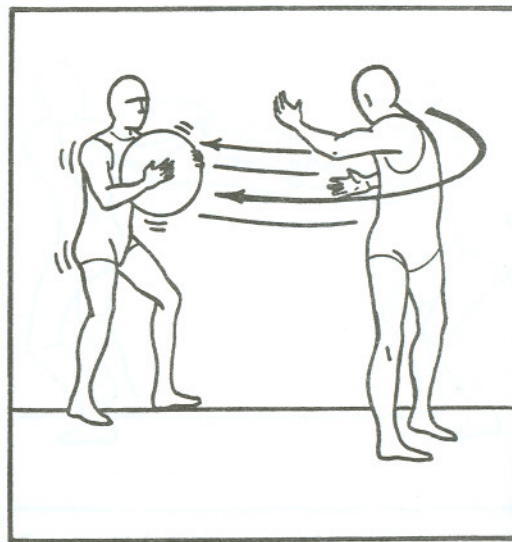
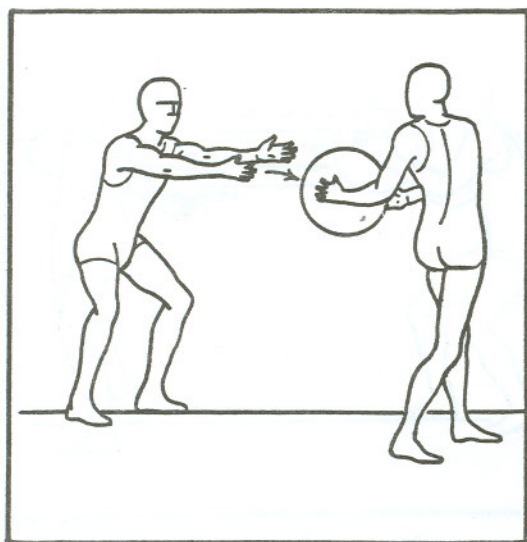
# Off-Center Rotations



Catcher's toss initiates the action...

...Catcher's left foot is aligned beyond the thrower's right foot...

...facilitating a greater range of motion...



Rotations are performed to one side at a time...

...maintain a strong base with your feet...

...accelerating the ball around to the catcher's hands...

**DO:** The catcher should assume a position outside of the thrower's shoulder before tossing the ball, thereby forcing the thrower to rotate further prior to release. Feel hips, spine, shoulders, elbows and wrists rotate and extend sequentially to the target. Stand tall with your weight over your heels.

**Don't:** Stoop over.