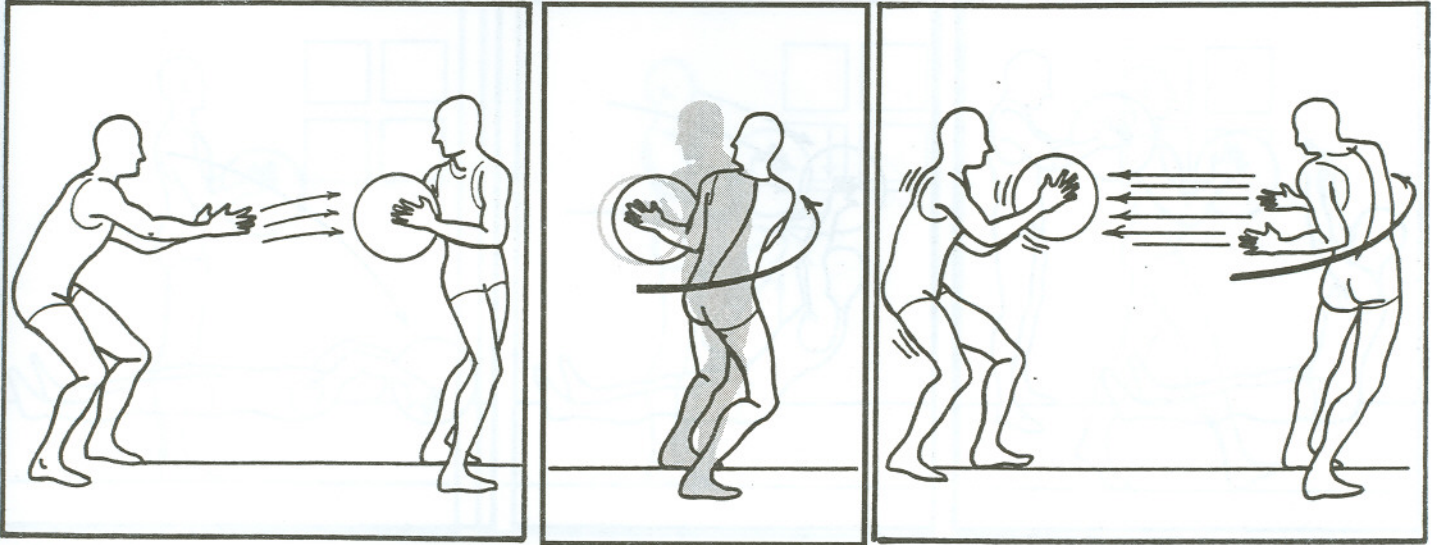


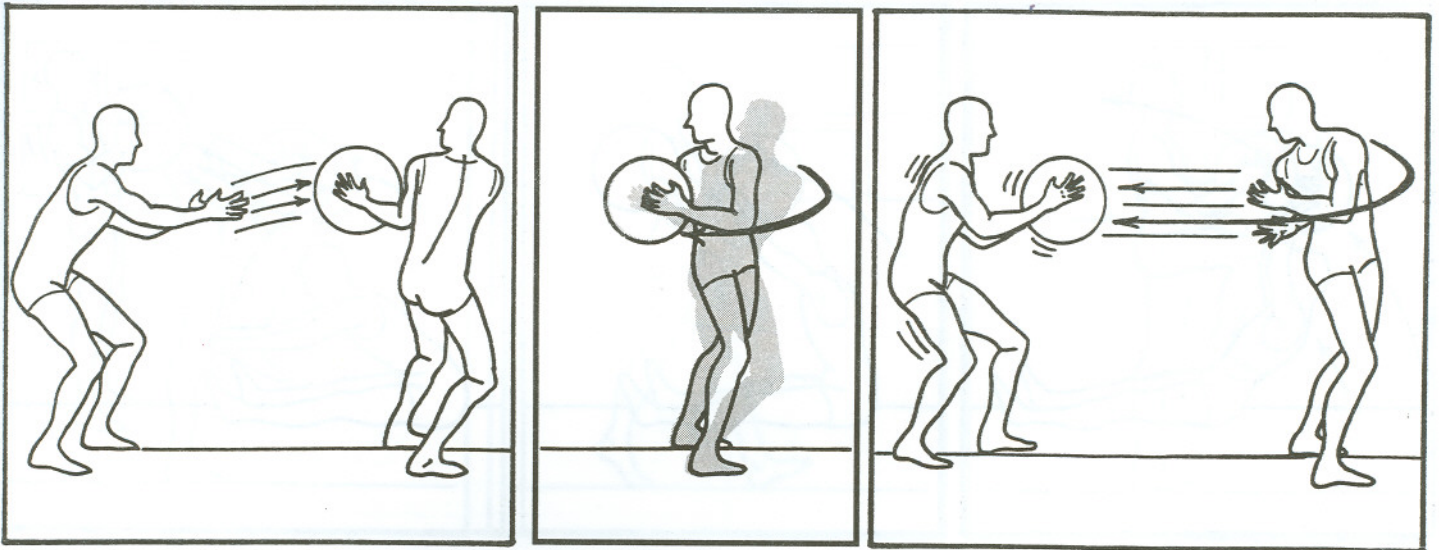
# Speed Rotations



Catcher's toss initiates the action...

...thrower stands tall and keeps elbows "glued to their sides"...

...accelerating the ball around to the catchers hands...



Rotations are performed alternating back and forth...

...maintain a narrow base with your feet...

...keep your balance and proper posture...

**DO:** Gradually and evenly increase the quickness of return tosses and rotational throws. Use the catcher's chest as a target. Feel hips, spine, shoulders, elbows and wrists rotate/extend sequentially to the target. Stand tall with your weight over your heels.

**Don't:** Stoop over.