Course Baseball

Assignment BA-1

1. How many seams does a baseball have and do you throw the “fast straight ball” with the seams or across the seams?

2. Where do you take the diamond after you catch a ball that is above the waist?

3. In the “Power” position of the throw; where are the thumbs pointing?

4. What is the scientific definition for the “Pull” command in the throwing sequence of Ankle/Power/Pull?

5. What does a thrower put in his imaginary back pocket after they throw the ball?

Essay A. Explain why the arms should be extended with a little flex in the elbows when catching a ball.

Essay B. Explain why the proper pointing of the throwing arm ankle to the target is critical to a good straight throw of a ball.