

WRIST WEIGHT DRILLS

PRONATION SWINGS

Pronation Swings are done with the forearm in full supination—the thumbs point away from the body and the palm faces up—while the arms are resting at the sides of the body.

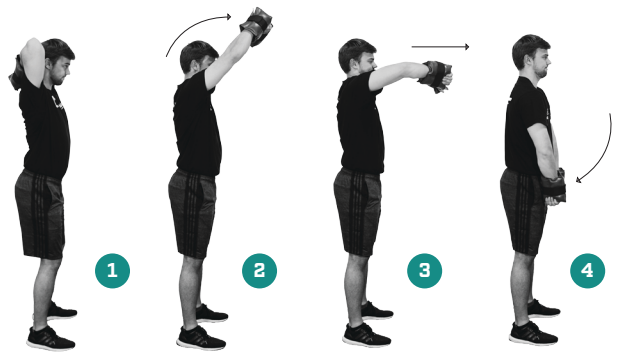
Flex the shoulders (raise the arms straight in front of the body) with the palms still facing up and the elbow in full extension. Once shoulder height is reached, turn the thumbs inwards quickly (pronate the forearm) and let gravity bring the arms downwards. Use the momentum at the bottom of the swing to repeat the motion.



TWO-ARM THROWS

Two-Arm Throws are done with the hands close to the head, shoulders flexed, elbows facing forwards, and forearms in full supination. Think about covering the ears with the hands with elbows up, but turn the thumbs outwards.

The movement is initiated by extending at the elbow (contract the triceps) while simultaneously turning the thumbs down (pronate the forearm) with both arms. Let the arms hang down to the sides, then raise them to the starting position for another repetition. Think about driving the arms in a straight line to the target in front of the body—do not “loop” the forearm.



CUBAN PRESSES

Cuban Presses are done with the arms in the “inverted goalpost” position or the “Flex-T” position where the hands hang down with the palms facing inwards while the elbows are at shoulder height.

Rotate the lower arms to the “high-cocked position” (externally rotate the shoulders), then press the wrist weights overhead.

Slowly bring the arms down to the high-cocked position, then back to the “inverted goalpost” position by rotating them downwards (internally rotate the shoulders).



PIVOT-PICKOFF THROWS

Pivot-Pickoff Throws are done with the throwing arm in the “goalpost position” or “high-cocked position” and the other arm extended straight out in front.

Turn to the right for a right-handed thrower and to the left for a left-handed thrower, then pull the glove arm back while simultaneously driving the throwing arm forward and turning the thumb down (pronate the forearm).

Shoulder rotation should be heavily emphasized here. When done correctly, the athlete will pronate the forearm at release. The shoulder’s forward rotation and the unwinding of the elbow will put the hand and weight in a position where, by letting it fall without forcing deceleration, the weight will hit his right hip with his right hand (if he throws with his right hand).

The idea is not to follow-through across the body, but rather drive the upper arm in a straight line and pronate the forearm.

