Strength exercises are commonly done by successful athletes to take their game to the next level. They can help you run faster, hit baseballs farther, and throw harder! Here is an arm strength drill for you and your kids:

1. Stand shoulder-width apart, with throwing arm placed upwards at a 90-degree angle. While holding elbow with glove, throw baseball to partner using just your wrist.

2. Stand with legs spread and arm in same position as the exercise above. This time use the area from the elbow up to throw baseball to partner.

3. Remain standing and throw baseball by rotating hips and turning upper torso. Use the glove arm or elbow to direct throw.

4. Go to one knee. Throw ball by rotating hips and turning upper torso, as in above exercise. This time emphasize follow-through across the raised knee.

5. Stand with glove arm closest to partner, and feet shoulder-width apart. Now throw without moving your feet focusing on follow through and wrist snap.

6. Use all the steps above, this time add a crow hop and throw ball to partner. (Crow Hop: A technique in which you hop forward on your front foot during the wind up of your throw.)

7. Long toss. Stand approximately 10 feet apart and toss the ball to partner as quickly as you can for one minute. You can even keep track of the number of catches to turn this into a competition. Focus on a quick release and concentrate on the ball entering and leaving the glove.

PURPOSE: To improve athleticism and encourage healthy activity.