



## Pitching Drills

MECHANICS: EVERY THROW IN A PITCHING DRILL SHOULD BE THROWN TO A TARGET

- Learn steps of Pitching Mechanics:

Step	Position	Focus
	Set Position	Square feet to target shoulder-width apart and hands set at chest
1	Step Back	Glove up, eyes on target and short step back
2	Pivot	Keep shoulders square to home and step in front of rubber
3	Balance	Head on target, foot under knee, quad parallel to floor
4	Power	Feet in straight line to home, weight back, arms apart
5	Follow-through	Towards home, bend knees and back, head up

\*\*\*See the Pitcher's section of the Position Guide for explanation of each step.

- Holding Balance Position-Set Pitchers in lines or in a circle and see how long players can hold their balance position for (up to 30 seconds). If a player bounces, hops, splits his hands or falls, he sits down and waits for the next round.
- 3-4-3 Drill-Start in balance position (#3) and transition to power position (#4) and then back to balance position (#3). Player needs to stay on balance through the drill and keep his weight back.
- 3 Second Hold-Pitcher holds balance position for a three count before pitching. Focus is on creating a strong balance position in this drill.
- Controlling the Stride to Home-Stride to home should be about 80% of body height or four lengths of the player's foot from the front of the rubber. Once the measurement is made, draw a line in the dirt or place an object at the given distance (a bat will work) and have the player pitch while focusing on striding to and only to the desired distance. The player can do the 3-4-3 drill with this as well.
- Foot on Chair-Throwing hand foot is placed on chair or bench resting the side of the foot on the surface. The glove hand foot is extended towards the target. Player pitches the ball and rotates back foot on the chair to end up on the shoelaces. Focus is on rotating hips towards home, but controlling body weight.
- Short Distance Target Practice-Pitchers throws 75% speed from short distance (10-15 feet) at targets on either side of the plate. Drill teaches pitcher to focus on the target and develop the arm action to hit both sides of the plate.
- Long Distance Pitching (for stronger pitchers only)-Set up on flat ground 50-60 feet away from target. Pitcher will strengthen arm from throwing from a longer distance. Pitcher will find the 45 foot regulation distance to be easier. This drill is also good for players who are getting ready to move to the larger field at 13 years old.

- Short-Pitchers throw from 35 feet from target on flat ground at 75%. Focus for this drill is on mechanics and location. Set up target off the plate to the right and left 2 feet off plate. Then move target to 1 foot off plate on both sides of the plate, and then 6 inches, and finally right over corners. This drill teaches pitchers to stay out of the middle of the plate. Pitcher may throw 2 and 4 seam fastballs, as well as off-speed pitches.
- Learning the Off-Speed Pitch-Player should first get comfortable with the grip of the pitch by throwing long toss with the off-speed pitch grip and arm action. Once the player is ready to pitch, go from #3 Position, drop the glove hand foot down to just above the ground and lift arm up in cocked position. Simply drive the foot forward and flip throwing hand over the top. Learn to throw pitch by simplifying mechanics of throw.

#### FIELDING:

- End in Good Position-Pitcher throws pitch or mocks pitch, coach or another player rolls a ground ball to left or right for pitcher. Coach can add in a throw to a base.
- P-F-P (Pitcher's Fielding Practice)-Hit or roll ground balls between pitcher's mound and first base line. Pitcher and first baseman need to communicate on who takes the ground ball and who takes the base. On ground balls directly to the first baseman the pitcher runs to the first base line and turns to run parallel to the baseline to receive underhand feed from first baseman.
- Backing-Up Drills-Throw or hit balls towards outfield. Pitcher needs to get off mound to back up 3B or home plate and coach or player makes bad throw to the base. The pitcher needs to keep the ball from going out of play.