

PITCHING DRILLS

- Grips

- **Four Seam Fastball**



- Index and middle fingertips directly on the perpendicular seam (Circle “C”) of the baseball.
- Thumb should be directly beneath the baseball (resting on the leather) resting in the center of the seam on the bottom part of the baseball.
- Grip this pitch softly in your fingertips (like an egg).
 - This is the key to throwing a good, hard four-seam fastball with maximal backspin and velocity: A loose grip minimizes "friction" between your hand and the baseball.

- **Three-finger Changeup**



- Center your ring, middle, and index fingers on top of the baseball.
- Your thumb and pinky finger should be placed on the leather directly underneath the baseball.
- Hold the baseball deep in the palm of your hand to maximize friction and to "de-centralize" the force of the baseball when the pitch is released (this will help take speed off of the pitch).
- Throw it like you would a fastball: Same mechanics. Same arm speed. Same everything.
- This is a good off-speed pitch for younger pitchers who do not have big hands.

- Circle Changeup



- Using your thumb and index finger, make a circle or an "OK" gesture.
 - You then center the baseball between your three other.
 - Throw this pitch with the same arm speed and body mechanics as a fastball, only slightly turn the ball over by throwing the circle to the target.
 - Think about this as giving someone standing directly in front of you a "thumbs down" sign with your throwing hand.
 - This reduces speed and gives you that nice, fading movement to your throwing-arm side of the plate.
- Throwing Drills
 - Wrist Flips
 - Create four seam grip
 - Rest your elbow on your glove (creating a 90-degree angle)
 - Flip the baseball out of the hand without bending your arm
 - Knee Drill (Can be done with one knee or two knees)
 - Glove in front of chest with elbow separated from body
 - Lead with nose and keep it over the belly button vertically = Dynamic Balance
 - Release next to glove
 - Start 15 – 20 feet away and move progressively further apart after 3 or 4 throws

- Towel Drill
 - Stretch Position (10 times)
 - Foot in front of rubber - anywhere is fine
 - Feet should be 6 inches apart in the initial stance
 - Eyes on target - Eyes should NEVER leave the target
 - Blocking out front - helps promote releasing ball out front and maximizing energy towards the plate
 - Windup Position (10 times)
 - Both feet need to be in or around the middle of the rubber.
 - "Rocker Step"
 - Your left foot (RH pitcher) to come back off the rubber to start your motion.
 - The key is to make sure that it is NOT a weight transfer; it is merely a momentum shifter.
 - The second step is requires your right foot to go in front of the rubber to be used as a push off.
 - The next step is to position your left leg raised at about a 90-degree angle from the knee (Balance is crucial at this point).
 - The last step you want to make sure that the left leg is on line with the instep of the right foot on the rubber (if it is to the left, then the pitcher is opening up too much and his arm will not catch up to his front side causing high pitches). Just the opposite is true if the left leg lands to the right of that instep line.
 - You want to keep the front side of the pitcher closed until he begins to touch the ground with his left foot
- Nolan Ryan Drill
 - Athletic position by staying low with hands together
 - 2 shuffle steps towards target in a direct line
 - Throw while blocking out front and releasing next to the glove
 - Emphasis should be on staying low, using legs properly by driving & reaching with weight and momentum in a direct line to the plate
- Stationary Drill
 - Feet should be shoulder width apart in an athletic position
 - Should be at least $\frac{3}{4}$ distance from pitching mound to plate (10U distance from mound to plate is 46').
 - Block out in front with glove directly out in front of body
 - Reach back bring the baseball above the head with the elbow slightly bent
 - Keep feet still & whip arm across the body while taking your chest straight to your glove (do not move glove out in front of body)
- A great way to develop the "fastball mechanics" but changeup speed is to practice throwing your changeup and alternate fastballs and changeups every other throw.