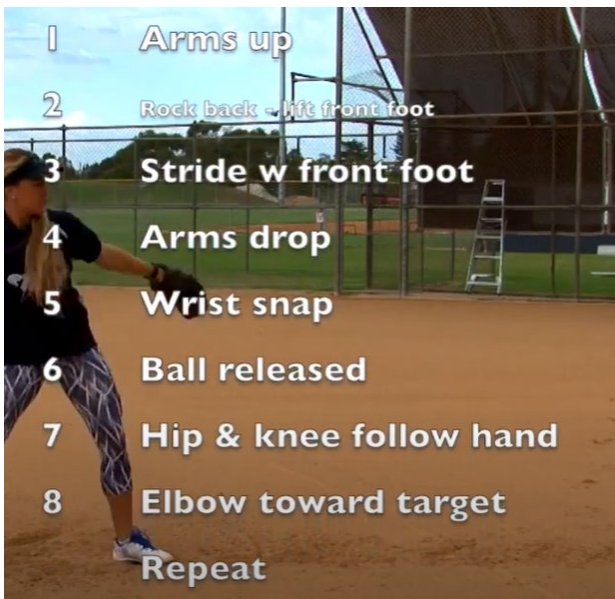


MUS Coaches Pitching Clinic



- 1) **GRIP** c grip should look like a C, 3 fingers across top seam, thumb back of ball.
 - a) All drills and pitching form must have a good foundation. Focus on foundation, footwork on all drills and pitching. Stay on power line and use powerline for everything.
 - b) Websites:
https://www.youtube.com/watch?v=w7BK_3x07SI&list=PLZ3NJqgjWnc2bgpWi84p4IhzVdKnof3sS&index=1
<https://www.youtube.com/watch?v=88WNGW8KBbQ>
- 2) **SNAPS** - Wrist flicks Start with C Grip, rest arm in front of hip, thumb pointed toward target, wrist cocked backwards, snap forward
 - a) **Pointers:** Forward arm moves very little, forward only. Spin should be 12 to 6, ball should roll-off fingertips. Upper body doesn't move. Stay in open position for these.
 - b) Websites:
<https://www.youtube.com/watch?v=o0WskehWsk8&list=PLZ3NJqgjWnc2bgpWi84p4IhzVdKnof3sS&index=2>
<https://www.youtube.com/watch?v=88WNGW8KBbQ>
- 3) **T-DRILL** C-grip, start arms straight out on powerline(glove to target, other arm pointed opposite of glove), feet a little wider than shoulder width, snap at release, in open position, upper body doesn't rotate or twist. Catcher should be able to see ball when setup in t position.
 - a) **Pointers:** Bring both hands together and release, snap at release. Feet don't move and should don't twist.
 - b) Website:<https://www.youtube.com/watch?v=8ARZweHAP44&list=PLZ3NJqgjWnc2bgpWi84p4IhzVdKnof3sS&index=3>
- 4) **K-DRILL** – C grip, point glove to target, ball to the sky, straight up, hand pointing away, boths hands down at same time, thumb behind the ball, snap at release, after snap pivot back foot, finish with elbow pointed at target. Full knee should not bend or you should not lean forward.

<https://www.youtube.com/watch?v=7EQ9KO7SNPo&list=PLZ3NJqgjWnc2bgpWi84p4IhzVdKnof3sS&index=4>
advanced K-drill
<https://www.youtube.com/watch?v=JuckfTIFOyc&list=PLZ3NJqgjWnc2bgpWi84p4IhzVdKnof3sS&index=5>



- 5) **FULL PITCH** feet shoulder width apart, front foot toes off the mound with heel on mound, (right foot for right handed pitcher, left for lefty) other foot behind the mound(like track starting position) or it can have toes on back of mound, c-grip, must present the ball, load on front leg getting leg drive raise front heel to push off mound, progress into t position(from drill) to k position to release.
 - a) Website: <https://www.youtube.com/watch?v=QzojfAUCGEI>



C-GRIP



More Videos:

https://www.youtube.com/watch?v=w7BK_3x07SI&list=PLZ3NJqgWNC2bgpWi84p4lhZvdKnof3sS&index=1

<https://www.youtube.com/watch?v=88WNGW8KBbQ>

<https://www.youtube.com/watch?v=m4CV9vAs4xg>

<https://www.youtube.com/watch?v=VIDUC-B-eGA&list=PLlwjn-JMJ1rqjZsDbf-ncukJdFwvF841i>

https://www.youtube.com/watch?v=7kxI_hAVk-g