

Pitching Drills

Daily Wrist Snaps

1. Basketball

Description:

- a. Simulate shooting basketball with elbow underneath ball
- b. Wrist behind ball, with “C” grip
- c. Snap (or “shoot”) the ball in the air.
- d. Not concerned how high but instead how many revolutions and correct spin

2. Elbow on waist flip

Description:

- a. “Open position” – sideways.
- b. Ball in hand with elbow on waist.
- c. No lower body movement
- d. Glove positioned slightly in front of stride side leg
- e. Flip the ball into the glove

3. Under your leg

Description:

- a. Kneel, throwing side knee on the ground.
- b. Position throwing wrist underneath stride side leg, so that only the wrist is exposed.
- c. Perform wrist flip into glove

4. Snap with lower knee drive

Description:

- a. Open position – basically normal snap position with throwing arm hanging loosely next to the back leg
- b. Bring back your arm, cock your wrist
- c. Bring arm forward, wrist snap into glove
- d. At the same time activate your lower half by bring back knee to front side.

Drills

1. Wall Drill (Indoor)

Objective: Arm Circle

Description:

- a. Player will stand a little more than an arm's length away, parallel to a wall.
- b. Player should slowly execute an arm circle.
- c. This should help the player concentrate on full circle and "sweep the belly".
- d. Instant feedback because if arm goes out, player will hit the wall.

2. Bucket Drill

Objective: Lower body focus

Description:

- a. Player sits on bucket with glove side leg behind the bucket off to the side.
- b. Player will explode with glove side leg into "K" position and finish throw.

3. Walk and Kneel

Objective: Progression option, activating lower body

Description:

- a. Player will start toward the target by taking a step, kneel, take a step and kneel
- b. After the last kneel explode and finish pitching motion.

4. Long Toss Progression

Objective: Increase arm strength.

Description:

- a. Player will start a throw from the pitching mound.
- b. Player will take a step or two back and then make another throw.
- c. Player will repeat until their throw can no longer reach the catcher and then start move a step or two back to the mound and throw.
- d. Continue the routine until arrive back at the mound.

5. Walk - Thrus

Objective: Lower body focus; stay on power line

Description:

- a. Player starts behind the mound.
- b. Player works on footwork depending on the starting position. For example, footwork can consist of "right, left, right". The last "right" should be made such that right foot starts on the mound.
- c. Finish the throwing motion.

6. Walk – Thrus (Endurance)

Objective: Same as Walk-Thrus except objective is build endurance.

Description:

- a. After the pitcher throws the ball the catcher quickly returns the ball.
- b. Pitcher runs back and starts walk-thru again.
- c. Repeat for 45-60 seconds.

7. 2 Balls (Endurance)

Objective: Endurance, arm strength.

Description:

- a. Pitcher situated halfway between catcher and pitching mound.
- b. Pitcher will be in “open” (sideways).
- c. Pitcher will throw from “K” position.
- d. As the ball is in the air the catcher will throw a ball to the pitcher who will in turn catch and throw back to catcher
- e. Repeat for 45-60 seconds.

8. Kneeling

Objective: Arm circle; remove lower body
by remove lower body

Description:

- a. Glove side knee on the ground
- b. Belly button facing the target (closed position)
- c. Glove and throwing arm start at chest level pointing to target
- d. Throw. Concentrate on keep back vertical (i.e. no leaning)

9. Kneeling with Pause

Objective: Arm circle; remove lower body

Description:

- a. Similar to “Kneeling” drill
- b. Except will break down the circle into 2 phases.
- c. 1st phase: Freeze at top of circle
- d. 2nd phase: Freeze at “T” position
- e. Throw.

10. Double and Triple

Objective: Arm circle; remove lower body

Description:

- a. Instead of one arm circle, perform 2 or 3 circles
- b. 5 Reps of each (1,2 and 3)
- c. Can be performed standing or kneeling

11. Super Girl

Objective: Balance, lower body power movement

Description:

- a. Arms out in front at chest level (like flying)
- b. Standing on throwing side leg
- c. Pause in this position for 2 seconds
- d. Explode into throwing motion by driving stride leg up and toward home plate on stride line.

12. Flamingo

Objective: Balance, lower body power movement

Description:

- a. Starting position on the pitching rubber with stride knee in the air about hip height.
- b. Rock back and forth with the stride leg 2 times, where upper body and stride knee are working together simultaneously. Keep back flat.
- c. On the 3rd rock, finish throwing motion

13. Throw from longer distance

Objective: Build arm strength

Description:

- a. Pitcher throws from 3-5 feet behind normal pitching distance. Example for 10U. Have pitcher throw from 38-40 ft instead of 35ft.
- b. Have pitcher throw 5-10 pitches from this distance and 5-10 pitches from normal distance. Pitcher should throw or at least feel like they are throwing harder.

14. Pitch and Receive ball from Catcher

Objective: Endurance

Description:

- a. Time drill, usually 30 – 60 seconds.
- b. Pitcher throws the ball from pitching rubber
- c. Sprints to catcher to receive the ball, then sprints back to pitching rubber
- d. Repeat steps (b) and (c) as quickly as possible until time runs out.

Pitch Selection

STANCE	WEAKNESS	PITCH	Hands/Swing	
Up in front of box	Fast Ball High	Fastest Pitch, rises	Hitch	High Rise in or out; curve rise; change
In back of box	Breaking Balls	Breaking ball (drop or change)	High, Mix	Rise in or out, change
Closed stance	Inside	Drop or rise, screw	Hands high	Low In or out drop, curve drop, screw
Open stance	Outside	Out drop or rise, curve or curve drop, or rise	Hands low	High in Rise in or out; curve rise, change
Overly erect	Low	Inside Drop, screw	Hands away from body	Inside In drop or rise, screw
Wide stance	Low	Drops or curves low and on corners	Loopy swing	High Rise in or out; curve rise, change
Crouches over	High	Rise in or out, curve rise, change	Choppy swing	High Rise in or out, curve rise, change
Close to plate	Inside	Drop, fast ball or rise inside	No arm extension	Low & outside Out drop, curve drop, curves, fastball
Far from plate	Outside	Out drop or rise, curve or curve drop or rise	Parallel bat	High Rise in or out, curve rise, change
Even with plate	High-low	Rises, drops, curves, screw on corners	Slow bat/sweeper	Inside Offspeed, in rise, drop, screw, change
Tilted Head	Inside	In rise, drop or screw	Quick bat	Low Change speeds, keep hitter off balance
Weight overshift	Low & outside	Out drop, curve drop, curves to front leg	Inside-out swing	Low-in In drop, screw, change, low rise
No weight shift	Inside	Drop or rise, screw	Swings up	High, low in Rise in or out, drop in screw
Stride toward plate (closed)	Inside	Drop or rise, screw		
Stride away from plate (open)	Outside	Out drop or rise, curve or curve drop, or rise		
Long stride	High	Rise in or out, curve rise, change		

