

The background features a green baseball field with white base lines. At the top, a semi-circle of white stars is positioned above a large white baseball with red stitching, which is set within a blue circular frame. The title text is overlaid on this central graphic.

FUNDAMENTAL PITCHING DRILLS



**31 FUN & EFFECTIVE DRILLS
TO DEVELOP THE COMPLETE PITCHER**

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PITCHERS WARMUP ROUTINE





01

PITCHERS WARMUP ROUTINE

Set Up:

Players find open spot in the infield or outfield to stretch

Purpose:

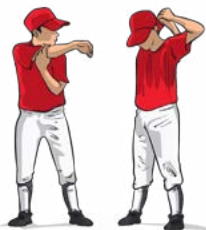
Players should always warm up and stretch before pitching to avoid injury.



- 1. Run with baseball in hand** – As player runs he works on two-seam, four-seam and other grips. Work up a sweat



- 2. Forearm Stretch** – Stick arm straight out in front of you with fingers up. Grap fingers with opposite hand and pull in toward the body. Next, turn hand so fingers are down and pull into the body. Switch arms and repeat.



- 3. Shoulder stretch** – Put right arm across the chest and grab it with opposite hand. Pull right arm in towards chest to stretch the rotator cuff muscle. Switch arms and repeat. Next put arm back behind head and pull it down with opposite hand. Switch arms and repeat.



- 4. Neck Stretch** – Put right arm behind your back. Pull right arm to the left with opposite hand and lean your head to the left side to stretch the neck. Switch arms and repeat to the other side.



01

PITCHERS WARMUP ROUTINE (CONT.)



- 5. Back & Torso Stretch** - Stand with feet shoulder-width apart. Rotate and put right elbow outside left knee, simulating the finishing position in your windup. Switch arms and repeat to other side.



- 6. Resistance Stretch** - Put right arm in L position. Partner holds elbow and hand and provides resistance against hand as player moves it forward. Next put arm in downward pointing L and repeat as player tries to push hand up against resistance. Then switch arms and repeat.



- 7. Flexibility Stretch** - Both arms are extended out to the sides. Partner gently pulls arms back.



- 8. Pretzel Stretch** - Players sit down and put right leg over the left. Put arm on outside of leg and push leg one direction as they turn the opposite direction and face backward. Switch legs and arms and repeat.



01

PITCHERS WARMUP ROUTINE (CONT.)



9. Groin Stretch 1 - Pull feet in toward body. Fan the thighs out to the side to stretch the groin. Push down on your thighs with your elbows. Hands should be on your feet.



10. Groin Stretch 2 - Stand up with feet shoulder-width apart. Lean to one side to stretch the groin and then to the other.

COACHING TIPS:

1. Perform each stretch for 30-60 seconds.
2. Always warm up to throw, never throw to warm up.
3. ALWAYS complete a thorough warm up before throwing.
4. Concentrate on breathing when doing these exercises.
5. Do not overstretch. Keep all the movements in control.

The background is a light gray, textured surface resembling a baseball. A large blue circle with a black outline is centered in the upper half. Overlaid on this circle is a white rectangular box with a black border containing the title. Below the circle, a white line-art diagram of a baseball field is visible, showing the bases and pitcher's mound. At the bottom, a black silhouette of five baseball players in various poses is shown against a black background.

DRILLS FOR PITCHING MECHANICS



02

WRIST DRILL

Set Up:

Players line up across from each other anywhere on the field.

Purpose:

Gets pitcher used to snapping wrist when throwing the ball.



Throw the ball back and forth by flicking the wrist.

Instructions:

1. Players get down on one knee or sit on the ground across from each other.
2. To throw the ball, pitcher forms an “L” with his throwing arm, resting his elbow in his glove.
3. Players throw the ball back and forth to each using only a snap of the wrist to throw the ball.
4. Complete two sets of 15-20 repetitions.

COACHING TIPS:

1. Using wrist properly can add 2–4 miles per hour on the fastball.
2. Look for good snap of the wrist.
3. Elbow should be kept at shoulder height.
4. Ball should be gripped with two fingers and the thumb.
5. Drill can be done anywhere and at anytime – such as at home during commercials when watching TV.
6. Drill can also be done without the ball.



03

ONE-KNEE DRILL

Set Up:

Pitcher gets down on one knee and throws the ball. Can be done in front of home plate or anywhere on the field.

Purpose:

Helps pitcher focus on separating the hands and following through after the pitch.



Hands in center of body.



"T" position.



Finish low and over knee.

Instructions:

1. Pitcher kneels down. Knee on throwing arm side of body should be down.
2. Start in closed position with hands in the center of the body.
3. Pitcher then separates his hands forming the T or "scarecrow" position with hand holding ball straight back and glove hand straight forward.
4. Eyes should be focused on target.
5. Pitcher then glove tucks, forms an L with throwing arm and throws the ball.
6. On finish, shoulder should be buried over the opposite knee. Hold the finish for 1-2 seconds.
7. Complete 15-20 repetitions.

COACHING TIPS:

1. Pitcher should bring shoulder down as far as possible on the follow-through. A tell-tale sign of a pitcher getting tired is that he will start finishing higher.
2. Keep the head up and facing the target.



04

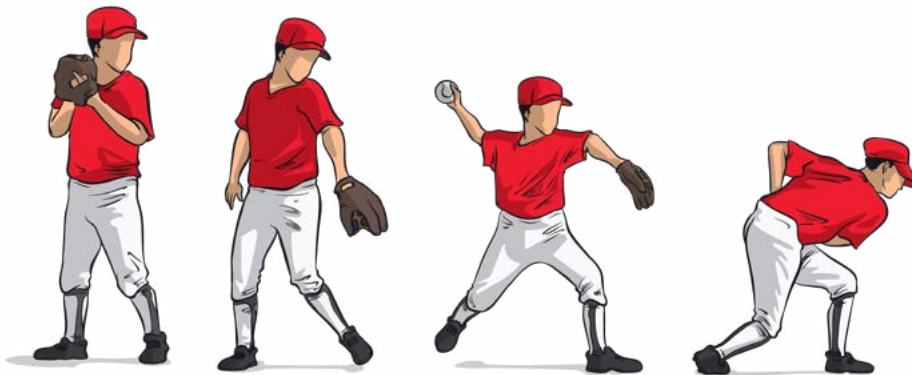
HEEL UP DRILL

Set Up:

Drill can be run anywhere on the field. You need a pitcher and either a catcher or net for him to throw to.

Purpose:

Focuses on rolling the back foot over, so that the knee is released and energy is transferred throughout the body.



Starting position. Rock back. Throw the ball. Finish over the knee.

Instructions:

1. Pitcher stands with feet shoulder-width or a little farther apart.
2. He rocks back, putting his weight over his back leg.
3. He then separates his hands down, forms the “T” position, throws the ball and finishes over the opposite knee.
4. Complete 15-20 repetitions.

COACHING TIPS:

1. Look for a good roll of the back foot on the pitch.
2. Also, make sure pitcher is maintaining his balance when finishing over his knee.
3. This drill is great for helping pitchers generate speed and get the most from their bodies – particularly smaller pitchers.
4. Ball should travel on forward and downward plane – which is the toughest type of pitch to hit.
5. Drill can be done with or without coach’s supervision.



05

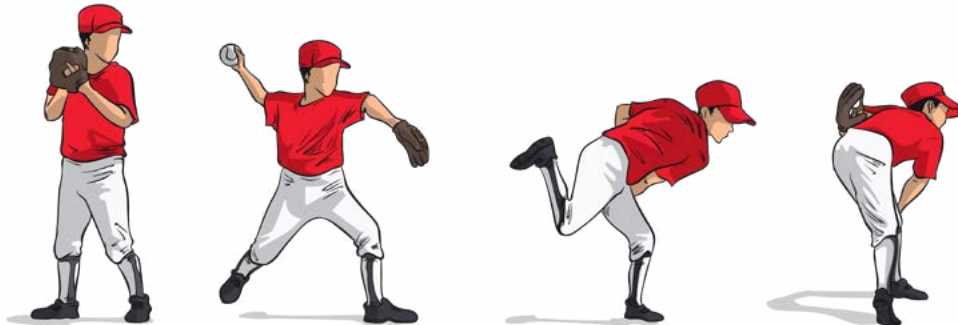
PINCH THE KNEE DRILL

Set Up:

Drill can be run anywhere on the field. You need a pitcher and either a catcher or net for him to throw to.

Purpose:

Makes sure pitcher does not drag his back foot.



Starting position. Throw the ball.

Lift back leg.

Finish.

Instructions:

1. Pitcher stands with feet shoulder-width or a little farther apart.
2. He pinches the knees together as he throws the ball to make sure the back foot is getting up and over instead of dragging.
3. Complete 15-20 repetitions.

COACHING TIPS:

1. This drill is crucial because dragging the back foot can take speed off the fastball - so make sure player is getting his back foot up and over.
2. Slight drag is OK, anything over 12 inches is a problem.
3. You can put a brick by the back foot to make sure the pitcher is lifting his foot properly.



06

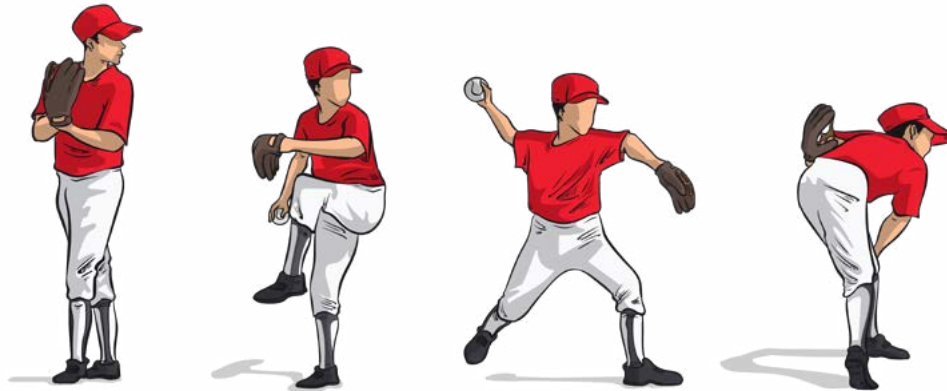
COMBINATION DRILL

Set Up:

Drill can be run anywhere on the field. You need a pitcher and either a catcher or net for him to throw to.

Purpose:

Develops faster hand separation.



Starting position with feet crossed. Raise the leg. Throw the ball. Finish over the knee.

Instructions:

1. Pitcher starts in closed position with his feet crossed, hands in the center of his body and eyes on the target.
2. Pitcher lifts front long, focusing balance on inside of back leg.
3. "Crack the egg." He separates the hands down and goes into the "T" position.
4. Then he throws the ball and finishes over the knee.
5. Complete 10-15 repetitions.

COACHING TIPS:

1. Pitcher should concentrate on lifting front leg straight up – make sure it is not going backward.
2. Ball should be going on a forward and downward plane.
3. Pitcher is starting with crossed feet to improve balance.



07

TRANSFER STEP DRILL

Set Up:

Drill can be run anywhere on the field. You need a pitcher and either a catcher or net for him to throw to.

Purpose:

Pitcher works on perfecting transfer step and pivot step.



Starting position. Transfer step back. Pivot step.

Instructions:

1. Pitcher takes a transfer step straight back.
2. He then lifts his front foot, turns it parallel and puts it back down - "put it in the hole."
3. He then repeats the process.
4. The ball is not thrown in this drill. This drill is focused on footwork and the player developing the proper muscle memory for both the transfer and pivot steps.
5. Complete 10-15 repetitions.

COACHING TIPS:

1. **Make sure pitcher is maintaining control. A transfer step that is too big will throw the pitcher out of balance and have him leaning backward.**
2. **Pivot with the entire foot on the ground not just the heel or the toe.**
3. **Pitcher should be developing a rhythm that is comfortable for him.**
4. **Make sure pitcher is picking up the front foot so the pivot is not on the heel.**



08

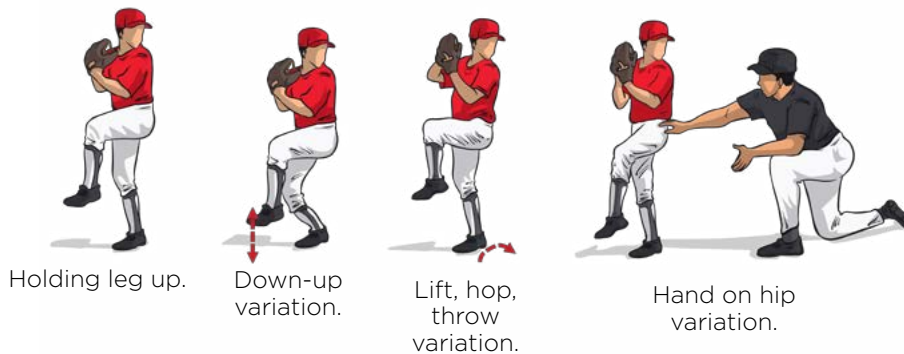
BALANCE DRILL

Set Up:

Drill can be run anywhere on the field. You need a pitcher and either a catcher or net for him to throw to.

Purpose:

Helps pitcher develop good balance.



Instructions:

1. Pitcher starts out in the ready position.
2. He does a transfer step back, does a pivot step and then lifts his leg.
3. He holds the leg in the air while remaining balanced. Pitcher holds leg up until coach gives him the ball. He completes his pitching motion and throws the ball.
4. Drill can also be run alone. Pitcher should pause with leg up for 1-2 seconds before throwing the ball.
5. Variation #1 - Down/Up Throw. After lifting leg, player completes a down-up motion by bending his back knee. Then he throws the ball.
6. **Variation #2** - Lift, Hop, Throw. Here the pitcher lifts his leg, hops forward keeping the leg in the air and then throws the ball.
7. **Variation #3** - Coach puts hand on players hip to make sure the bottom half of his body is leading the movement and that he is not leaning toward home plate with his front shoulder

COACHING TIPS:

1. With leg in air, pitcher should focus his balance on the inside the back knee or back foot.
2. Pitcher should not be leaning forward or backward with leg in the air.
3. When doing down/up variation, make sure pitcher is getting back into proper posture as he throws.
4. The Lift, Hop, Throw variation is an excellent drill for more advanced pitchers.



09

CHAIR DRILL

Set Up:

Drill can be run anywhere on the field. Place a chair on the field. Pitcher stands in front of the chair.

Purpose:

Develops the feel for properly finishing over the front leg.



Pitcher puts leg on chair.



He then throws the ball.

Instructions:

1. Pitcher puts back leg on the chair.
2. He goes through normal pitching movement.
3. He gets a small separation of hands and goes toward the target.
4. He throws through the ball and finishes over his front side leg.
5. Complete 15-20 repetitions.

COACHING TIPS:

1. The key part of this drill is the pitcher finishing over his front side leg.
2. Also look for good hand separation speed.
3. Drill can be run with coach or alone.



10

SEPARATION DRILL

Set Up:

Drill can be run anywhere on the field. Pitcher has his glove but no ball.

Purpose:

Focuses on hand separation movement.



Closed position.



Focuses on hand separation movement.

Instructions:

1. Pitcher gets on one knee – if right-handed, he gets on his right knee.
2. He starts in closed position with hands in the center of his body.
3. He then separates his hands to form the “T” position.
4. He then goes back to the closed position and repeats the movement.
5. Complete 10-15 repetitions. Drill can also be run with a ball.

COACHING TIPS:

1. Hands should separate down.
2. In “T” position, glove should be pointing toward the target. His back hand should have fingers up and thumb down.
3. Pitcher should be looking forward down the front side of the glove.
4. Hands should be separating down not out and away.
5. Drill can also be done in the mirror or at home alone.



11

HIGH FIVE DRILL

Set Up:

Drill can be run anywhere on the field. Coach stands or kneels next to pitcher.

Purpose:

Helps pitchers develop a proper follow-through.



Starting position.



Pitcher throws through the ball with coach providing resistance.



Pitcher follows through without throwing the ball.

Instructions:

1. Pitcher gets in position with shoulders square to the target, his front leg bent, front foot pointed straight ahead. He has his arm up in an "L" shape. He has a ball in his hand.
2. Coach places his hand against pitchers hand.
3. Pitcher works on throwing straight through the ball against the resistance provided by the coach.
4. Pitcher does not throw the ball.
5. Complete 10-15 repetitions.

COACHING TIPS:

1. In this drill, the focus should be on throwing straight through the ball instead of around it, which can cause arm injuries in young players.



12

TUCK & THROW DRILL

Set Up:

Player gets on one knee. Drill can be run anywhere on the field.

Purpose:

Pitcher works on getting a good tuck with the glove when throwing. This will add velocity to his pitch.



Pitcher goes into "T" position.



Pitcher throws the ball, tucking his glove against his chest.

Instructions:

1. Pitcher kneels down on his throwing side knee.
2. He goes into "T" or scarecrow position with arms straight out.
3. He brings the ball forward to throw it and at the same time tucks his glove hand against his chest.
4. Pitcher throws the ball and follows through over his knee.
5. Complete 10-15 repetitions.

COACHING TIPS:

1. Pitcher should be pulling the glove back hard against the body to ensure good usage of the front side of their body when throwing.



13

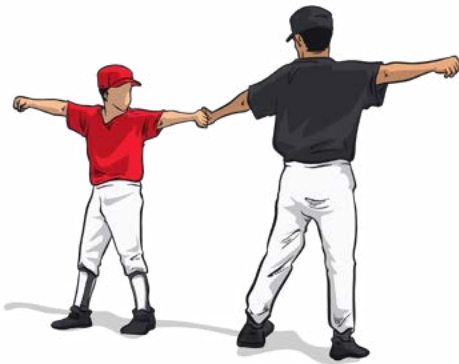
PARTNER DRILL

Set Up:

Two players stand with arms straight out. They face opposite directions and hold hands. No gloves are worn.

Purpose:

Pitcher works on glove tuck and timing of the different elements of his pitching motion.



Players start out with arms straight out. They hold hands.



Pitcher 1 pulls pitcher 2's arm in as he performs a glove tuck.

Instructions:

1. Pitcher one performs a glove tuck against the resistance provided by his partner as he rotates to throw.
2. He finishes with an "L." He pivots his lower body to point toward the target. His front knee is bent. His shoulders are square.
3. Next, his partner, or pitcher 2, performs the same drill and they rotate back and forth until each has done 10-15 reps.

COACHING TIPS:

1. Make sure pitchers are pulling their partner's hand and arm in toward the chest to make sure they are utilizing their front side when pitching.
2. Drill can also be done individually for player to work on proper timing.



14

BAT BEHIND THE BACK DRILL

Set Up:

Pitcher stands anywhere on the field holding a bat behind his back.

Purpose:

Helps pitcher focus on using his hips during his delivery.



Pitcher holds bat behind back.



Pitcher goes into leg lift



Pitcher strides, rotates and thrusts his hips toward home.

Instructions:

1. Pitcher stands holding a bat by the ends behind his back.
2. He goes into his pitching motion, taking a transfer step, a pivot step, lifting his leg and getting into closed position. He then goes forward rotating his upper torso and thrusting his hips through the zone.
3. Perform 10-15 repetitions.

COACHING TIPS:

1. Pitcher should not be taking his hands off the bat at anytime during this drill.
2. When going into the closed position the end of the bat should point directly at home plate.



15

BACK OF MOUND DRILL

Set Up:

Pitcher stands behind the mound with a ball and glove.

Purpose:

Helps pitcher develop a good bend in the front knee.



Pitcher stands behind the mound.



He moves forward.



He throws the ball with a good bend of the front knee.

Instructions:

1. Pitcher takes the ball and throws it to home from behind the mound.
2. Perform 10-15 repetitions.

COACHING TIPS:

1. Getting a good bend of the front knee is essential in this drill. Player should be throwing uphill and thus bending knee to get the ball to home.
2. Pitcher should exaggerate the motion of bending the front knee in this drill.



16

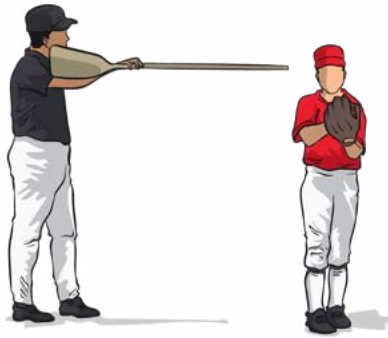
BROOM HANDLE DRILL

Set Up:

Pitcher stands somewhere on the field. Coach stands next to him holding a broom handle or something equivalent.

Purpose:

Makes sure pitcher gets proper height with his elbow.



Coach holds handle at desired height.



Pitcher throws the ball keeping it above the height of the handle.

Instructions:

1. Pitcher takes normal motion and throws the ball.
2. Coach holds handle at desired height for pitcher to keep the ball above when throwing.
3. Perform 10-15 repetitions.

COACHING TIPS:

1. Make sure the broom handle is held far enough away so it does not make contact with the pitchers hand or ball. You can move it away at the last moment to make sure.
2. The handle gives the pitcher a target to get the ball above when throwing. You can also use a yard stick, your hand or something else.
3. Keep handle at head height. Pitcher needs to keep the ball at least that high.



17

WALTZ DRILL

Set Up:

Player stands anywhere on the field. Drill can be run alone or with other players.

Purpose:

Develops movement and coordination.



Gather.



Hop.



Gather on other foot

Instructions:

1. Player begins in the gather position with his hands together at chest level, pivot foot on the ground and stride leg up at 90 degrees
2. He extends his arms into "T" position and extends the stride leg, hopping onto the stride foot
3. He brings the arms together again and reverses position, now gathering on the opposite foot with his other leg up at 90 degrees
4. He hops back to the original position and repeats
5. If performed with another player they should face each other and mirror each other's actions.
6. Perform 15-20 repetitions.

COACHING TIPS:

1. Look for coordination of movements. Player should be extending and then drawing hands in for a closed position.
2. Balance and rhythm are also key in this drill.
3. Players should be getting a strong push off the outside leg.
4. Players should separate the hands quickly.



18

CURVEBALL DRILL

Set Up:

Drill can be run anywhere. All player needs is a ball.

Purpose:

Work on throwing a good curveball. This drill is ONLY for players 14 and over.



Phase 1 - Spin the ball using two fingers and your thumb.



Phase 2 - Make a karate chop arm action into your other hand.



Phase 3 - Throw the ball with a tight spin into the dirt.

Instructions:

1. Phase 1 - Spin the Ball - Hold ball with two-finger curveball grip. Pull down with second finger and roll the thumb. Goal is to get a good snap and tight spin on the ball.
2. Phase 2 - Karate Chop - Work on getting a good karate chop with side of hand into your opposite hand. Player makes the overhand curveball arm action.
3. Phase 3 - In the Dirt - Practice throwing a tight spin into the dirt at your feet. You can use wind-up or stretch. Shift weight back and then go forward and throw ball into the dirt.
4. Perform 20-25 repetitions of each phase.

COACHING TIPS:

1. The tighter the spin the better the curveball.
2. On phase 3, keep the elbow bent and finish all the way through.
3. Don't hook the ball at the top of the "L" - this can telegraph the pitch to the hitter.



19

TOWEL DRILL

Set Up:

The pitcher and his partner stand three large strides apart. Pitcher sets up in ready position holding a towel in his glove instead of a baseball.

Purpose:

The lighter weight of the towel puts less wear and tear on the throwing arm and allows the pitcher more repetitions to develop a skill.



1.



2.

Instructions:

1. Pitcher goes through full motion starting with transfer step and ending with follow-through.
2. On the follow-through he extends his arm to hit the catcher's mitt with the towel he is holding.

COACHING TIPS:

1. If the pitcher misses left or right, it's usually a posture problem. If he misses short, it's a problem with stride and momentum.

PITCHER FIELDING DRILLS





20

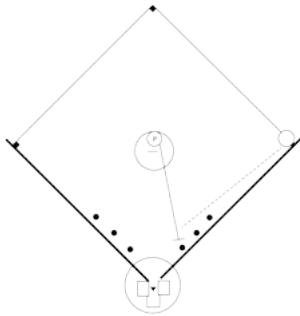
FIELDING BALLS DOWN THE 1ST & 3RD BASE LINES

Set Up:

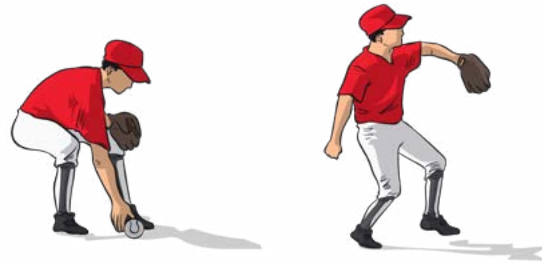
Place three baseballs along first baseline and three along third baseline. Pitcher stands on the mound.

Purpose:

Works on getting off the mound, fielding the ball and throwing to first.



Pitcher practices fielding balls on 1st and 3rd baselines.



Pitcher picks up ball. baselines.

Pitcher throws to first.

Instructions:

1. Pitcher simulates a pitch. Coach yells "first" or "third."
2. Pitcher breaks off mound runs to the appropriate baseline, picks up the baseball and throws it to first.
3. First base technique - pitcher should step back from the line before throwing so he doesn't hit the runner in the back. Here left-hand pitchers should circle around the ball so they are in better position to square up and throw.
4. Third base technique - pitcher should turn and point shoulders and feet toward first before before throwing to ensure an accurate throw.

COACHING TIPS:

1. In this drill, allows pitchers to determine whether to pick up the ball with one hand or two hands.
2. Stress to players to use one hand as last option. They should always field the ball with two hands if there is time.
3. When picking up the ball, plant hard with throwing site foot. The player should also push the ball into the ground to get a good grip on it.
4. Pitcher should always call for the ball - "mine, mine, mine."



21

GLOVE ONLY FIELDING - GLOVE SHUFFLE

Set Up:

Pitcher stands on the mound. Coach is at home plate.

Purpose:

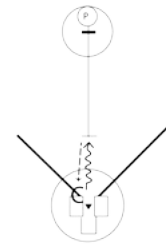
Charging the ball, fielding it cleanly and scooping it to home.



Coach hits grounder to pitcher.



Pitcher charges the ball, and scoops it with his glove back to coach.



Instructions:

1. Pitcher simulates a pitch to home.
2. Coach hits a slow roller back to pitcher.
3. Pitcher charges toward home plate, fields the ball with his glove and scoops it back to the coach.
4. Perform 5-10 repetitions.

COACHING TIPS:

1. Intent of this drill is that there is a runner on third and pitcher must field the ball and get it to catcher quickly to get the out at home.
2. Pitchers should keep the glove open and push the ball right at the target (the coach).
3. Keep the toss level and soft.
4. You can also run this drill and have the pitchers field the ball barehanded and toss it to the coach.
5. Keep the head down when fielding to avoid losing the ball.



22

COMEBACKER TECHNIQUE

Set Up:

Pitcher stands on the mound. Coach is at home plate.

Purpose:

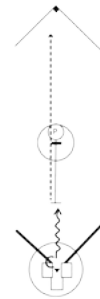
Proper footwork and positioning for turning double play.



Pitcher fields the ground ball.



Pitcher turns to throw to second.



Instructions:

1. Pitcher simulates a pitch to home.
2. Coach hits a ground ball to the pitcher, who comes off the mound, fields it, turns and simulates a throw to second.
3. Phase 2 - In this scenario, there is a runner on third base.
4. Pitcher comes off the mound, fields the ball and checks on the runner at third before simulating a throw to first.
5. You can also run this drill for other baserunning situations, such as a runner on second, runners at the corners, bases loaded, etc., so pitchers instinctively know what to do in each situation.
6. Perform 5-10 repetitions of each phase.

COACHING TIPS:

1. Let pitchers know that on ground balls straight back to them and to the first base side of the mound that the shortstop will cover second. The second baseman will cover the bag on balls hit to the third base side of the mound.
2. After fielding the ball, pitchers should turn and get their feet and shoulders pointed toward second before throwing.
3. Advanced players should turn their body to the side to field the ball to allow them to throw even faster to second base.
4. Younger players should field the ball straight on with two hands, then turn and throw.
5. In Phase 2, pitchers should only be looking at third not turning their whole body in that direction.



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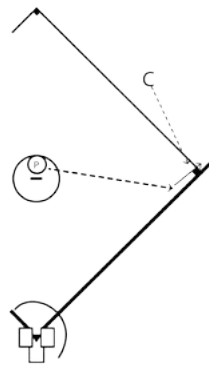
COVERING FIRST BASE

Set Up:

Pitcher stands on the mound. Coach is in the first base area of the field.

Purpose:

Pitcher works on covering first base when ball is hit to right of first baseman



Simulate a pitch,
sprint to first and



Pitcher covers first base

Instructions:

1. Pitcher simulates a pitch to home.
2. He then turns and runs straight for the first cut in the infield grass.
3. At that cut, he turns and runs parallel with the baseline to the first base bag.
4. Coach tosses the ball to the pitcher at the bag.
5. Pitcher touches the bag with his foot for the out.
6. Variation 1 - coach bobbles ball. Pitcher sets up like first baseman at the bag to receive the throw.
7. Do 5-10 repetitions.

COACHING TIPS:

1. Upon reaching the first cut and turning parallel to the base path, pitcher should take short, choppy steps to the bag.
2. Push off toward the infield after touching the bag and then determine what is going on with the rest of the game.
3. Tell the pitchers: "Play the game, don't get caught watching the game!"
4. Pitcher should keep hands up to give the thrower a target.
5. Tag the inside third of the bag.
6. Keep out of the path of the runner - don't drift into the baseline.



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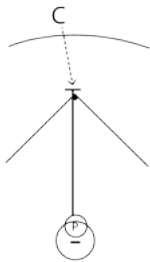
COVERING SECOND BASE

Set Up:

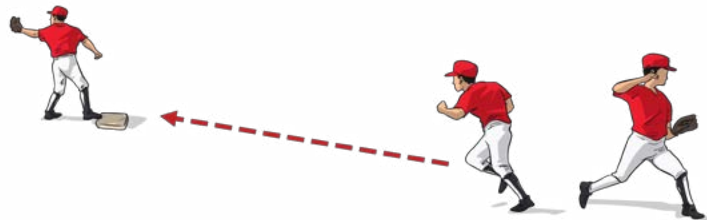
Pitcher stands on the mound. Coach is in shallow center field.

Purpose:

Pitcher practices getting the force out at second.



Cover second base drill.



Pitcher covers second base.

Instructions:

1. Pitcher simulates a pitch to home.
2. He then turns and runs straight to second base.
3. He sets up like an infielder, with foot on the bag.
4. He catches the throw from the coach for the force out.
5. You can also have the pitcher continue the play by throwing to first for the double play.
6. Do 5-10 repetitions.

COACHING TIPS:

1. This drill is meant to simulate a shallow fly ball to center where the shortstop and second baseman go out to catch it. By covering second, the pitcher could make an out at second on the catch or drop.
2. Set up on the outside third of the bag for protection from the baserunner.
3. Drill can also be run to first and third bases.



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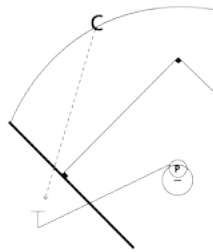
COVERING OVERTHROWS

Set Up:

Pitcher stands on the mound. Coach is in left-center field.

Purpose:

Pitcher works on backing up a base and catching overthrows.



Covering overthrows drill.



Ready position for overthrow behind third.

Instructions:

1. Pitcher simulates a pitch to home.
2. He then turns and runs to back up third base.
3. Coach then overthrows third base and pitcher must get the throw.
4. Do 5-10 repetitions.

COACHING TIPS:

1. Pitcher must take a position where he can field the overthrow and not be overthrown himself.
2. Drill can be run to other bases.
3. Pitcher must understand that wherever a runner is going that is where he needs to be backing up the play.



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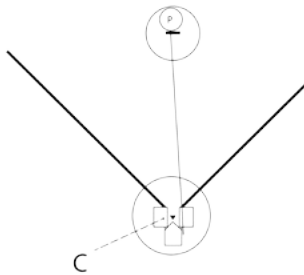
COVERING HOME PLATE

Set Up:

Pitcher stands on the mound. Coach stands behind home plate.

Purpose:

Practice covering the plate on balls that get past the catcher.



Simulate the pitch, sprint to home, receive the ball and tag the runner.



Making the tag at home plate

Instructions:

1. Pitcher simulates a pitch to home.
2. He then runs to home plate.
3. Coach sets up either straight back or to the left or right of home and makes the toss to the pitcher.
4. Pitcher makes a swipe tag on the imaginary runner.
5. Do 5-10 repetitions.

COACHING TIPS:

1. Cover position at the plate depends on which direction the ball goes. Don't get caught straddling the plate. Set up behind the plate to receive the ball and make the play.
2. Get the glove completely on the ground for the tag.



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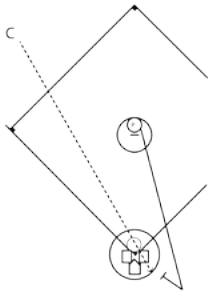
COVERING HOME PLATE - OVERTHROWS

Set Up:

Pitcher stands on the mound. Coach stands in left field.

Purpose:

Practice covering overthrows to home plate.



Simulate the pitch, run behind home and catch the overthrown ball.



Ready position for overthrow behind home.

Instructions:

1. Pitcher simulates a pitch to home.
2. He then runs behind home plate.
3. Coach overthrows home plate and pitcher makes the catch.
4. Do 5-10 repetitions.

COACHING TIPS:

1. Pitcher must make sure to not get too close to the plate to be in position to get the overthrow.

The background of the cover is a close-up of a white baseball with its characteristic stitching. A large blue circle with a black border is centered in the upper half. A white rectangular box with a black border is superimposed over the bottom of the blue circle. At the bottom of the cover, there are five black silhouettes of baseball players in various poses: a pitcher in a windup, a runner in mid-stride, two players standing, and a player in a ready crouch. A faint white outline of a baseball diamond is visible in the background.

PITCHER COOLDOWN DRILLS



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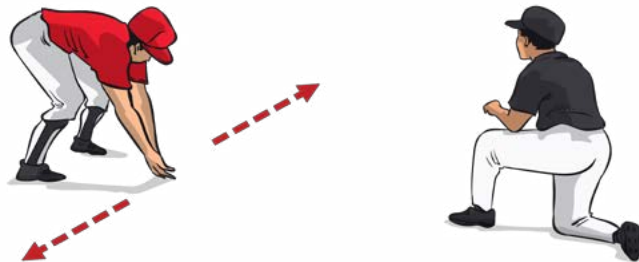
PICK-UPS

Set Up:

Player stands anywhere on the field. Coach kneels about six feet in front of him.

Purpose:

Improves lower back conditioning.



Player slides back and forth picking up the ball.

Instructions:

1. Coach rolls a ball to the side of the player.
2. Player slides his feet and fields the rolling ball and tosses it back to the coach.
3. Coach rolls the ball to the other side. Player slides over and fields it and tosses it back to coach.
4. Complete 10-15 repetitions or do this drill for 30 to 60-second intervals.

COACHING TIPS:

1. Lower back fatigue is common among pitchers. Look for poor follow-through as a sign a pitcher is getting tired.
2. Player can also set two balls on the ground and run the drill by himself.
3. Increase the distance between player and coach to make the drill more challenging.



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LIGHT THROWING

Set Up:

Players stand approximately 15-20 yards apart.

Purpose:

Loosen the arm.



Players throw the ball to each other.

Instructions:

1. Players take turns throwing the ball back and forth.
2. They should complete 20-30 light throws.

COACHING TIPS:

1. This is just to loosen up the arm, players shouldn't be overexerting themselves by throwing too hard or for too long of a distance. Keep it simple and light.



30

LIGHT RUNNING

Set Up:

Players can run across the outfield, along the warning track, around the outside of the entire field - wherever they like.

Purpose:

Shortens recovery time.



Light running with ball in hand.

Instructions:

1. Players do light running/jogging to build endurance and promote muscle recovery.
2. Always run with a ball in your hand and work on your grips.

COACHING TIPS:

1. Run with partners to encourage tired players.
2. Run at an easy pace.



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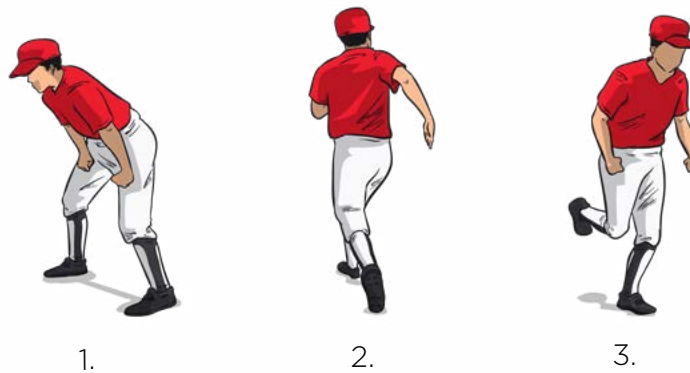
SPRINT, JOG, WALK

Set Up:

Players start at the foul line in the outfield.

Purpose:

Shortens recovery time.



Instructions:

1. Coach says "Go."
2. Players sprint to a line 30 to 40 yards away.
3. Players then jog back to the start line.
4. Players then walk to the other line.
5. Players then sprint back. Then they jog. Then they walk. The drill continues like this.

COACHING TIPS:

1. Start with a crossover step to work on baserunning as well.



ICE THE ARM



Ice the arm if a player pitches 5 or more innings or has a pitch count of 80-90 pitches or higher.

Step 1: Place the ice on the back of the shoulder - rotator cuff area.

Step 2: Secure the ice with an elastic bandage.

Step 3: Submerge the arm in a bucket of ice water. Player should move/wiggle fingers to keep blood circulating.

Ice for no more than 15 minutes.

If arm pain persists after icing, see a doctor.



6 KEYS TO PITCHING SUCCESS

1. Develop arm strength
2. Throw strikes
3. Change speeds
4. All pitches work off similar mechanics to the fastball
5. Stay in control at all times - the best pitch in baseball is a strike
6. Challenge batters

Would you like to see all these drills demonstrated on video with step by step instructions and coaching tips?

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