



Balanced Stationary Drill with Upper Body

Stage #4 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

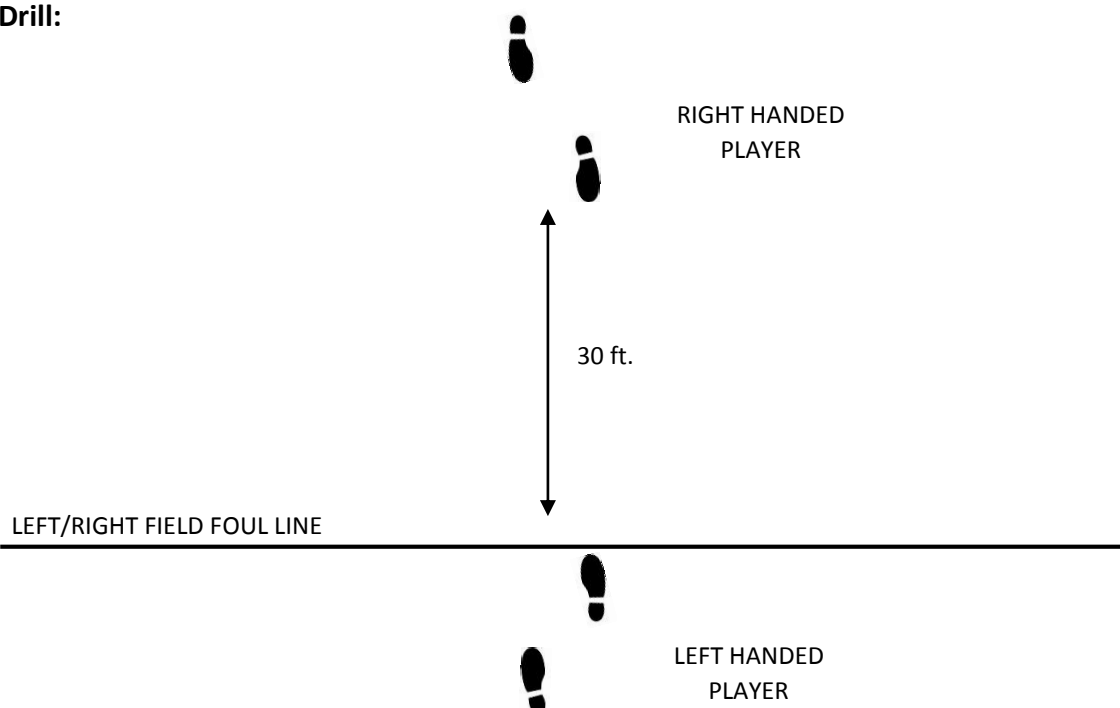
Equipment Required: Balls and gloves

Goal: Rotate upper body, maintain balance and stability while throwing to the target

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
- Players start with glove shoulder pointed towards partner in the same landing spot as when pitching off of a mound, throwing side foot is anchored behind as if it was on the rubber
- Players should be in athletic positions on the balls of their feet before throwing
- Receiving partner should have glove as a target in front of their chest
- Before throwing, players should come to a set position and then rotate the upper body to gain momentum into the throw
- Players throw to the target focusing on the extension and getting core engaged in throw
- The back foot should be brought up to follow through for hip rotation
- Players throw back and forth to each other until they have each had 10 repetitions

Layout of Drill:





Break of the Hands Drill

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or all pitchers and 1 coach

Average Time to Complete: 1-2 minutes

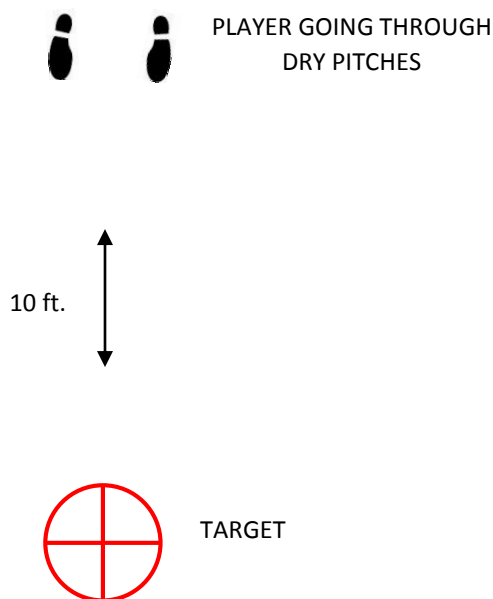
Equipment Required: Gloves and balls

Goal: Make sure hands separate at correct time so release point is consistent and on time

Description of the Drill:

- Player sets up at least 10 feet from a target of their choosing (spot on the fence, sign, etc.)
 - Player should do repetitions in both the windup and stretch positions
 - Player goes through a dry delivery (without throwing) and separates throwing hand from glove hand when the lift leg reaches its highest point
 - When done properly, the release point will be on time with fingers on top of the baseball
 - Each player should complete 10 repetitions in the windup and stretch positions
 - This drill should be done daily as a check point for pitchers
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Layout of Drill:





Change-Up Grips

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

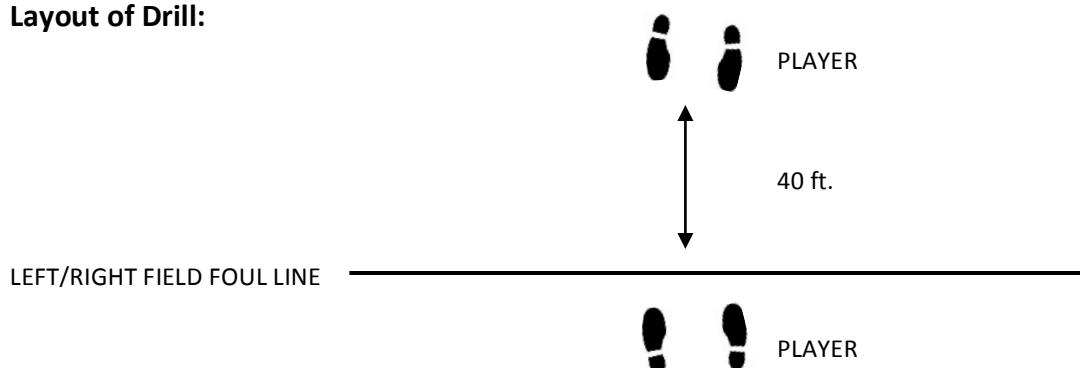
Equipment Required: Balls and gloves

Goal: Practice different change-up grips to determine which feels most comfortable

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
 - Receiving partner catches down in catcher's position
 - Throwing partner goes through full pitching motion to throw a change-up
 - Throwing partner should practice a variety of change-up grips, including, but not limited to:
 - Three-finger change-up
 - Center the ring finger, middle finger, and index finger on top of the ball
 - Place thumb and pinky finger on the smooth underside of the ball; touching these two fingers can help to develop a tangible feel for the pitch
 - Hold the ball deep in the palm of the hand to maximize friction and reduce speed when the pitch is released
 - Two-seam change-up
 - Place the middle and ring fingers inside the two seams
 - Throw with the same arm speed as a fastball, but with a looser grip and the ball slightly deeper in the hand
 - Circle change
 - Use the thumb and index finger to create an "OK" sign on the ball
 - Center the baseball between the other three fingers, keeping it tucked comfortably against the circle
 - Throw the pitch with the same arm speed and body mechanics as a fastball, but turn the ball slightly over by throwing the circle to the target, mimicking a "thumbs down" sign
 - Partners should switch every 10 throws, practicing a different grip for each set of 10
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Layout of Drill:





Change-Up Catch

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Keep arm speed same as it would be for fastball, and keep good mechanics

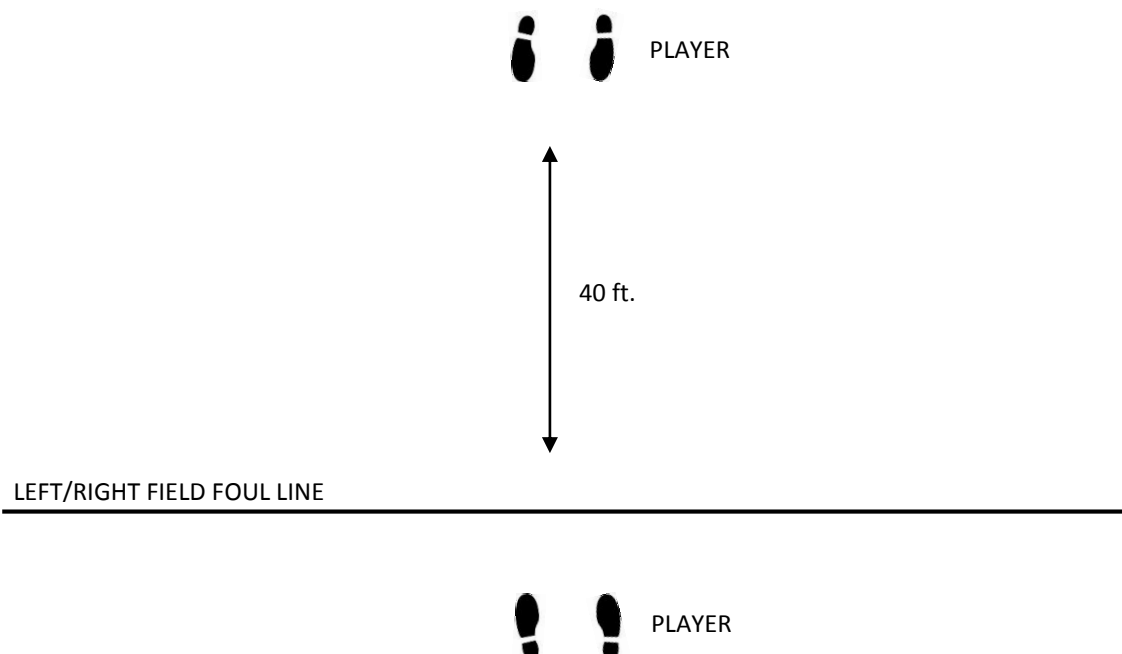
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full pitching motion to throw a change-up
- Throwing partner focuses on keeping arm speed the same as it would be for a fastball, mechanics should stay the same (grip for change-up depends on the pitcher)
- If partners are both pitchers, switch after 10 throws

Add Difficulty:

- To add difficulty, the receiving partner can move back 5 feet after every 5 throws
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Layout of Drill:





Daily Band Work

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: exercise band, pole or fence

Goal: Prepare arm for pitching by doing a band workout to stretch and strengthen

Description of the Drill:

- Player ties exercise band around a pole at hip height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
 - Internal Rotation (Throwing shoulder pointed at pole, player facing forward)
 - Throwing elbow starts on hip, arm at right angle parallel to ground, glove hand under throwing armpit
 - Maintain level shoulders and rotate arm towards glove hip, stretching band
 - External Rotation (Glove shoulder pointed at pole, player facing forward)
 - Throwing elbow starts on hip, arm is across stomach towards the pole, glove hand outside of the back of the throwing elbow
 - Maintain level shoulders and rotate arm towards throwing hip, stretching band
- Player ties exercise band around a pole at shoulder height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
 - Elevated Internal Rotation (Throwing shoulder pointed at pole, player facing forward)
 - Throwing elbow starts parallel to ground at shoulder level, hand up, glove hand under throwing elbow to stabilize
 - Maintain level shoulders and rotate arm towards glove elbow, stretching band
 - Elevated External Rotation (Glove shoulder pointed at pole, player facing forward)
 - Throwing elbow starts parallel to ground at shoulder level, hand over glove elbow, glove hand under throwing elbow to stabilize
 - Maintain level shoulders and rotate arm up to a 90 degree angle, stretching band
- Player ties exercise band around a pole at waist height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
 - Reverse Throwing Motion (Glove shoulder pointed at pole, player facing pole with glove foot out in front)
 - Throwing hand starts in the follow through position of a pitch
 - Player goes through a reverse pitch, makes a complete arm circle
 - Forward Throwing Motion (Glove shoulder pointed at pole, player facing forward)
 - Player goes through normal pitching mechanics, extending out in front and making a complete arm circle with loose and relaxed arm action



Daily Flat Ground Work

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners (all pitchers)

Average Time to Complete: 5 minutes

Equipment Required: Gloves and balls

Goal: Prepare arm for pitching by going through a proper warm up routine

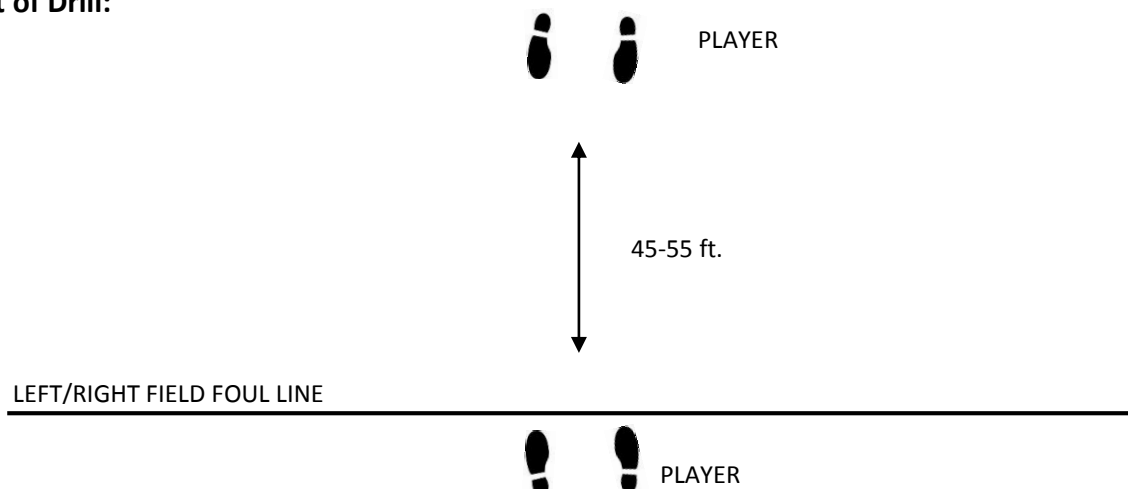
Description of the Drill:

- **This progression is to be done after the “Interval Throwing” program**
- Players in partners spread out along the right or left field foul line, 45 to 55 feet from partners
- Partners go through the following flat ground work together:
 - Strikes
 - Players should throw strikes to each other
 - Each partner should throw 10 strikes, and then switch
- The focus should be on the feel of pitches, the command of the fastball side to side, and the location of pitches

Add Difficulty:

- To add a degree of difficulty, when players are throwing strikes, have them hit the following spots:
 - 5 Spots
 - Players should throw a pitch to each of the 5 spots (up and in, up and out, down and in, down and middle off-speed, and down and away) calling out which one they are throwing to before they pitch
 - If the player misses a spot, they must attempt to hit the spot with the next pitch
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Layout of Drill:





Daily Throwing Program

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

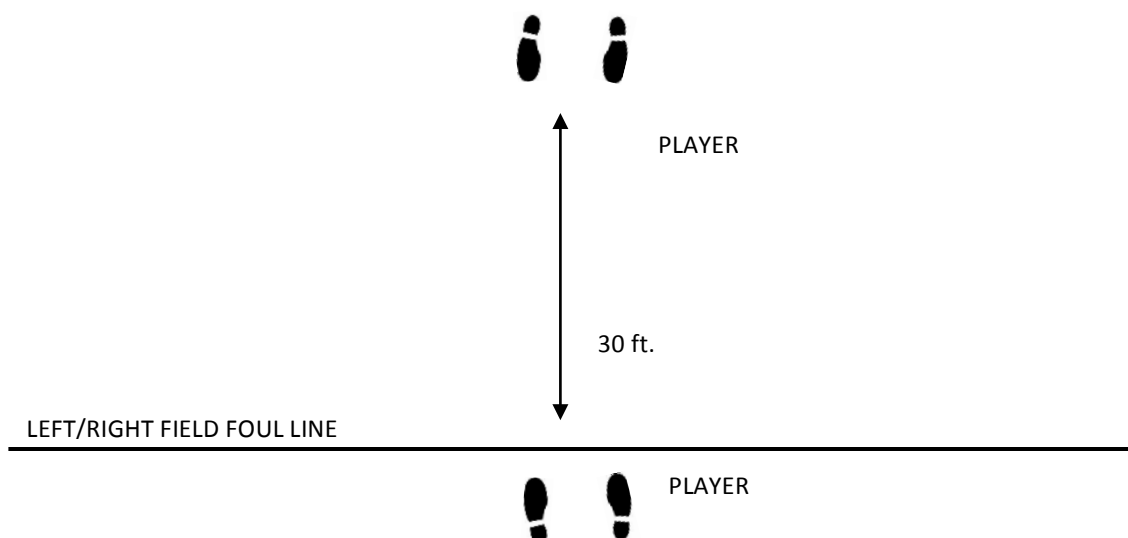
Equipment Required: Balls and gloves

Goal: Focus on properly warming up the arm and gradually building strength

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field, increasing distance as follows:
 - 30 FEET: T-position: Turned with front (glove) shoulder facing partner. Rotate and throw, finishing over front side.
 - 45 FEET: Rock & Fire: Turned with front (glove) shoulder facing partner. "Rock" weight onto back leg, and "fire" weight into the throw onto front leg.
 - 60 FEET: Step & Throw: Start facing partner. Step into turn to get front (glove) shoulder to point to target, and throw.
 - 90 FEET: Shuffle & Throw: Turned with front (glove) shoulder facing partner. Replace feet (or shuffle, or crow-hop) into throw.
 - 120 FEET+: Long Toss: Face partner, move feet, replace feet into throw. Stay on top, keep the ball on a line when throwing it, allowing it to bounce to the partner instead of overthrowing trying to get it there in the air.
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Layout of Drill:





Flat Ground

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Focus on having a good extension and a smooth follow through

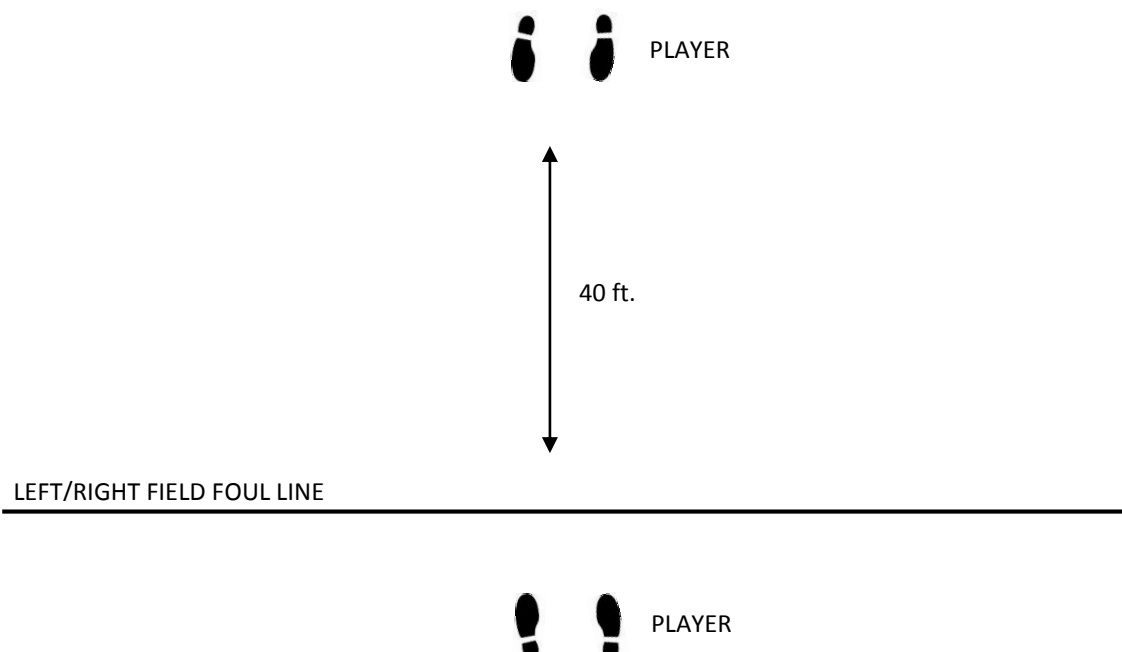
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full pitching motion
- Throwing partner focuses on having a good extension and a smooth follow through, and hitting their partner in the chest
- If partners are both pitchers, switch after 10 throws

Add Difficulty:

- To add difficulty, the throwing partner can throw inside or outside pitches
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Layout of Drill:





Heavy Front Side Drill

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or all pitchers and 1 coach

Average Time to Complete: 1-2 minutes

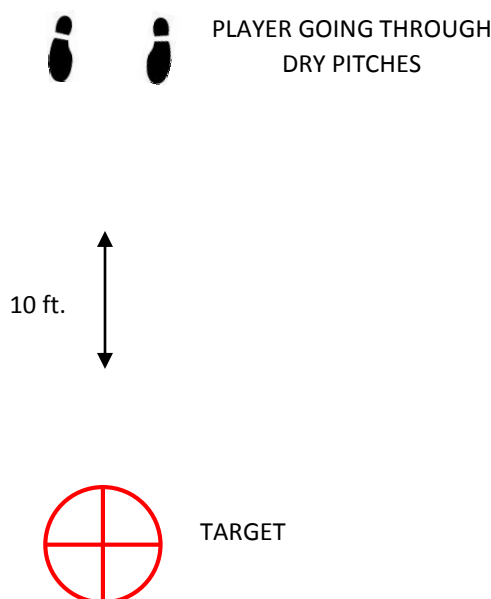
Equipment Required: Gloves

Goal: Work on balance and weight transfer in the direction of the target

Description of the Drill:

- Player sets up at least 10 feet from a target of their choosing (spot on the fence, sign, etc.)
 - Player should do repetitions in both the windup and stretch positions
 - Player goes through a dry delivery (without a ball) and pauses when the lift leg hits the ground
 - Player should make sure the chin and chest are positioned over the front knee with glove side in a strong position
 - Most of the body weight should be moving forward toward the target
 - Each player should complete 10 repetitions in the windup and stretch positions
 - This drill should be done daily as a check point for pitchers
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Layout of Drill:





Intentional Throwing

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

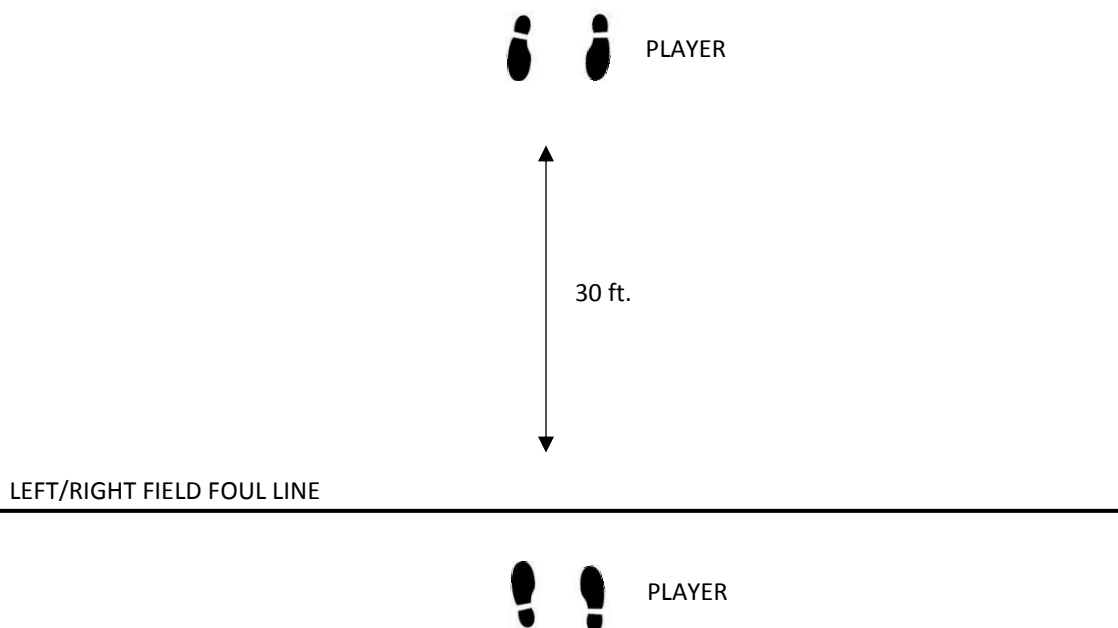
Equipment Required: Balls and gloves

Goal: Focus on getting the upper body loose and having a smooth follow through

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
 - Throwing partner should keep feet planted, shoulder-width apart, facing partner
 - Throwing partner shifts weight when throwing from throwing foot to glove foot, but does not move their feet
 - Receiving partner gives throwing partner a target with their glove
 - Throwing partner focuses on getting the upper body loose and having a smooth follow through with their arm, bending at the waist
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Layout of Drill:





Interval Throwing

Skill Set: Throwing, Infield, Outfield, Pitching, Catching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

Average Time to Complete: 12-15 minutes

Equipment Required: Gloves and balls

Goal: Prepare arm for pitching by going through a proper warm up routine

Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
 - One Knee (5-10 ft.)
 - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
 - Players each make 10 throws, then move back to next progression
 - Close Squared Throwing (10-15 ft.)
 - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
 - Players each make 10 throws, then move back to next progression
 - Squared Throwing (15-20 ft.)
 - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
 - Players each make 10 throws, then move back to next progression
 - Standing Throwing Position (30-40 ft.)
 - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
 - Players take their time throwing back and forth
 - Players each make 10 throws
 - Players 45 feet apart
 - Players throw the ball back and forth using good throwing mechanics
 - Players each make 10 throws, then move back to next progression
 - Players 60 feet apart
 - Players throw the ball back and forth using good throwing mechanics
 - Players each make 9 throws, then move back to next progression
 - Players 90 feet apart

- Players throw the ball back and forth using good throwing mechanics
 - Players each make 8 throws, then move back to next progression
- Players 120 feet apart
 - Players throw the ball back and forth using good throwing mechanics
 - A crow hop should be used to reduce strain on the arm
 - Players each make 5 throws, then move back to next progression
- Players 130-140 feet apart
 - Players throw the ball back and forth using good throwing mechanics
 - A crow hop should be used to reduce strain on the arm
 - Players each make 5 throws, then move back to next progression
- Cool Down
 - Players should slowly start working their way back to the 45 foot distance, making throws on their way back in
- Key points to remember throughout the long toss progression are to:
 - Keep good throwing form with elbow closed on release without flying open
 - Keep throws on as much of a line as possible, do not put high arc on throws to increase distance. It is okay if the ball bounces before getting to the partner
 - Cool down by slowly moving back in after making 5 throws at the furthest distance so that the long toss progression ends back at 45 feet



One Knee Drill

Stage #1 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

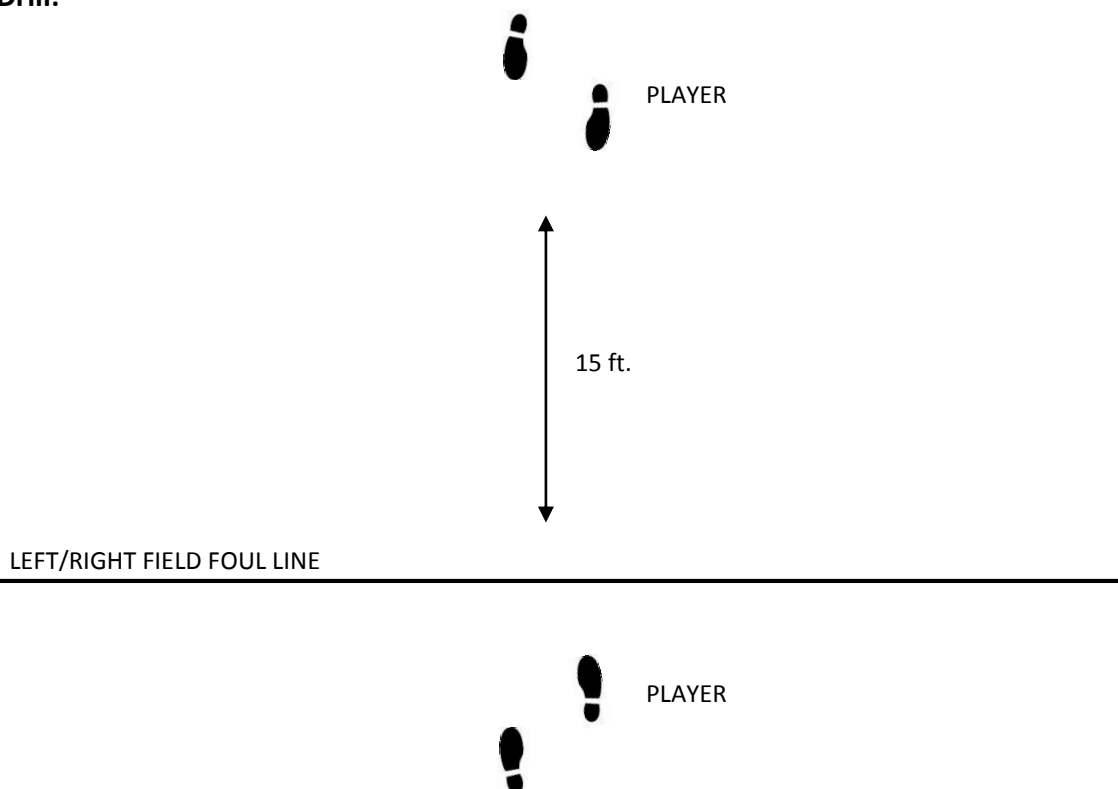
Equipment Required: Balls and gloves

Goal: Focus on core and glove side strength, extension over front knee, direction to target

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field on their throwing side knee, with glove side knee up and bent at a 90 degree angle
- Players should give their partners throwing targets by holding their gloves in front of their chests
- Players pick up the target and come to a set position before throwing
- When throwing, players focus on extension toward the target and release out front, torso should get over front knee with chin and eyes towards target
- Players should throw back and forth until each player has had 10 repetitions

Layout of Drill:



PFP- Bunts on 1st Base Side

Skill Set: Pitching- Fielding

Difficulty Level: Medium

Number of Athletes and Coaches: All pitchers, all first basemen, and 1 coach

Average Time to Complete: 10-15 minutes

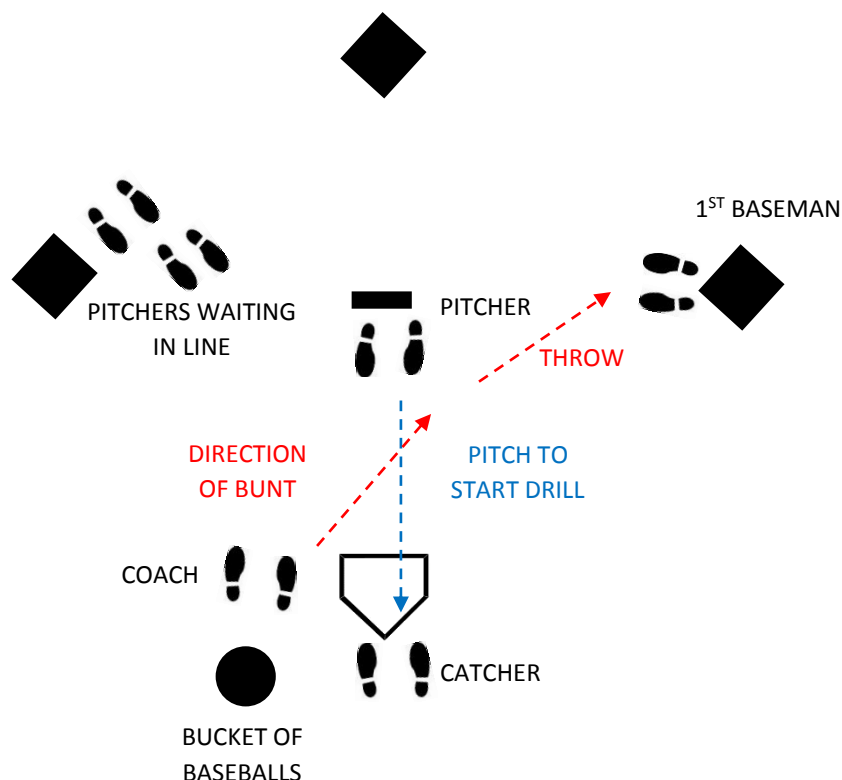
Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, field with bases

Goal: Charge the bunt and field it cleanly, make a good quick throw to 1st base

Description of the Drill:

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 1st base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

Layout of Drill:



PFP- Bunts on 3rd Base Side

Skill Set: Pitching- Fielding

Difficulty Level: Medium

Number of Athletes and Coaches: All pitchers, all first basemen, and 1 coach

Average Time to Complete: 10-15 minutes

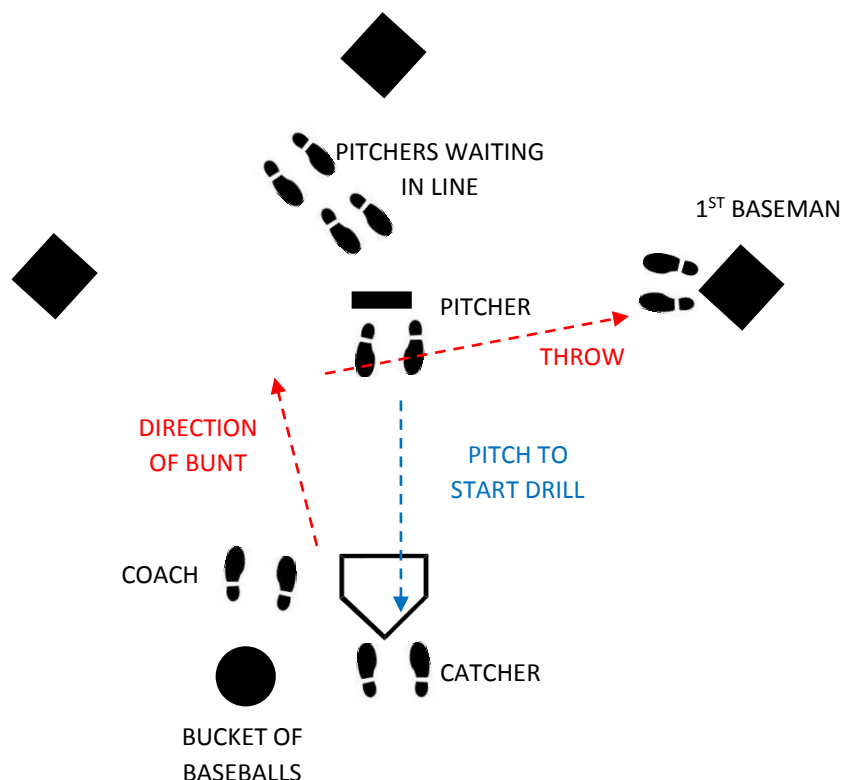
Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, field with bases

Goal: Charge the bunt and field it cleanly, make a good quick throw to 3rd base

Description of the Drill:

- All pitchers in a line to the behind the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 3rd base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

Layout of Drill:



PFP- Comebackers

Skill Set: Pitching- Fielding

Difficulty Level: Medium

Number of Athletes and Coaches: All pitchers, 1-2 shortstops, all first basemen, and 1 coach

Average Time to Complete: 10-15 minutes

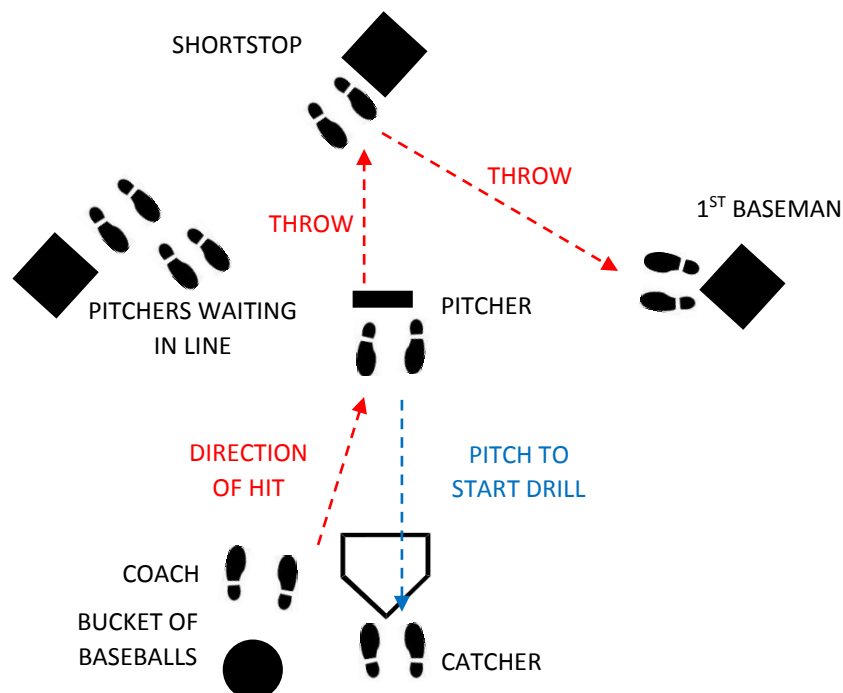
Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, field with bases

Goal: Field the ground ball, make a good throw to the shortstop covering 2nd base

Description of the Drill:

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- At least 1 player at the shortstop position, covering 2nd base
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball (from a ball out of the bucket) to the pitcher
- Pitcher fields ground ball and makes a good throw to the shortstop at 2nd base, who then throws the ball to the 1st baseman (turn a double play)
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

Layout of Drill:



PFP- Cover 1st Base

Skill Set: Pitching- Fielding

Difficulty Level: Medium

Number of Athletes and Coaches: All pitchers, all first basemen, and 1 coach

Average Time to Complete: 10-15 minutes

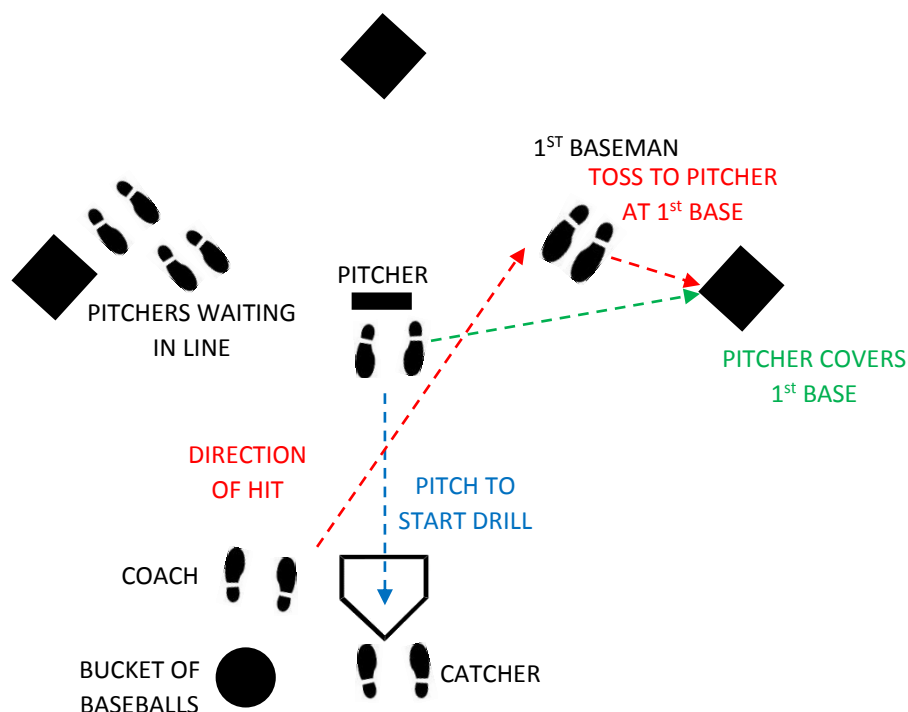
Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, field with bases

Goal: Pitcher runs to cover 1st base, 1st baseman fields the ground ball and flips it to 1st

Description of the Drill:

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman in position
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball to the right side of the 1st baseman, catcher then yells “GET OVER!”
- 1st baseman fields the ground ball, while pitcher runs to cover 1st base
- 1st baseman flips the ball underhanded to the pitcher covering 1st base
- Pitcher makes sure to keep their foot on the bag, then gets in the back of the line of pitchers
- Players rotate through the line until each pitcher has fielded 10 ground balls

Layout of Drill:





Power Position

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

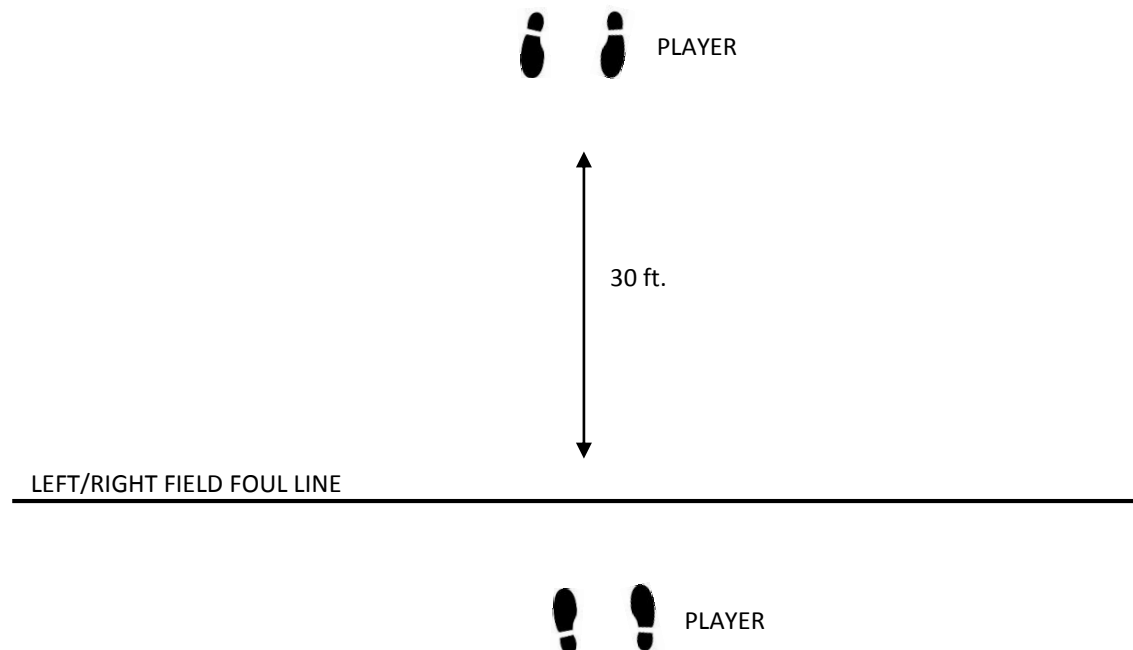
Equipment Required: Balls and glove

Goal: Focus on shifting weight from back to front leg, follow through with upper half

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
 - Throwing partner stands with glove shoulder pointed towards receiving partner
 - Throwing partner throws from this position, keeping feet planted (no stride)
 - Throwing partner's back leg rolls on the toes to shift weight, the back leg does not follow through
 - Throwing partner should focus on weight shift and follow through with their upper half
 - Partners should throw back and forth from this position so each partner gets 10 throws
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Layout of Drill:





Squared Throwing

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

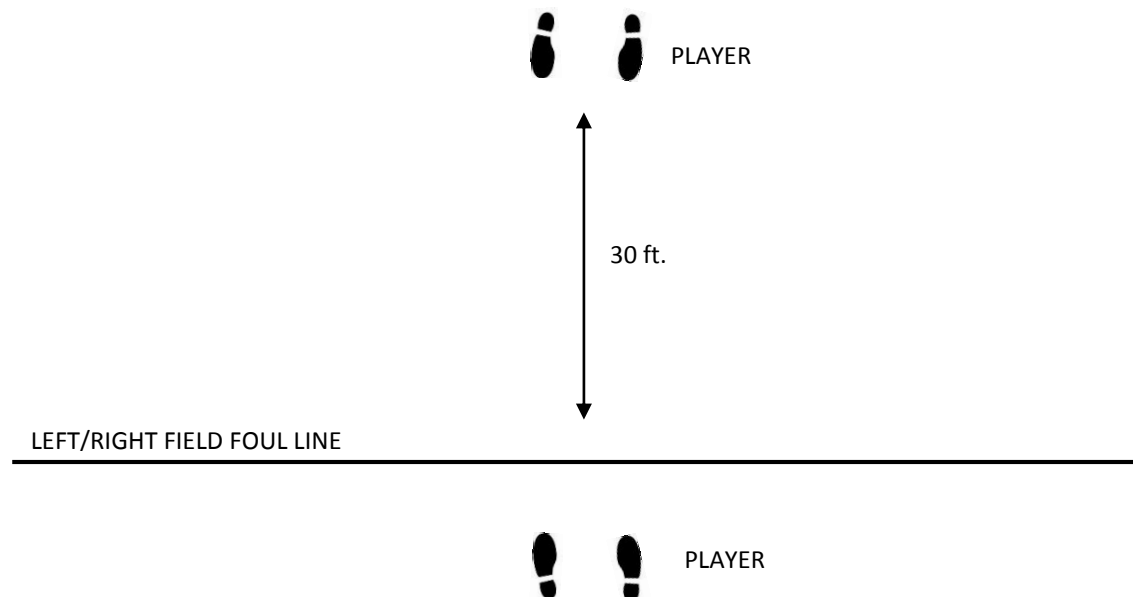
Equipment Required: Balls and gloves

Goal: Focus on getting the upper body loose and having a smooth follow through

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
 - Throwing partner should keep feet planted, shoulder-width apart, facing partner
 - Throwing partner shifts weight when throwing from throwing foot to glove foot, but don't move their feet
 - Receiving partner gives throwing partner a target with their glove
 - Throwing partner focuses on getting the upper body loose and having a smooth follow through with their arm, bending at the waist
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Layout of Drill:





Upper Body Throwing

Stage #2 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

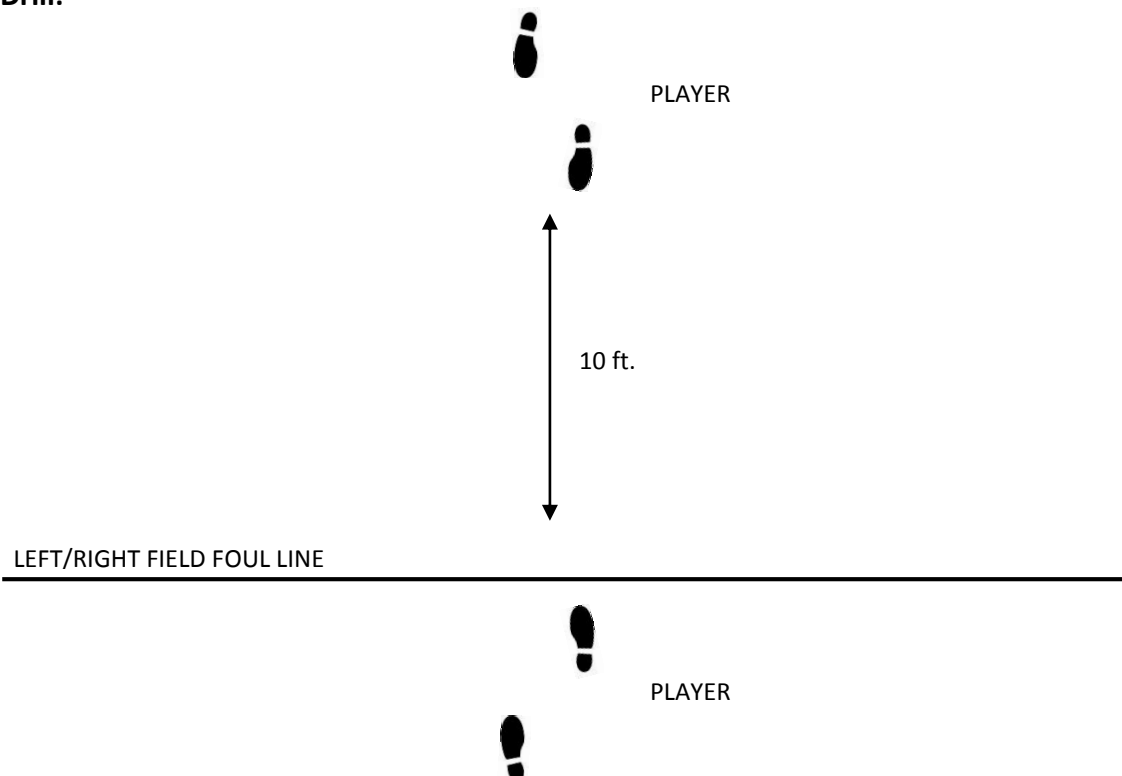
Equipment Required: Balls and gloves

Goal: Focus on using core with an emphasis on extension and strong glove side

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 10 feet away in left/right field, both on knees facing each other
- Throwing partner uses full arm motion to throw to partner focusing on using core strength and arm extension to throw to partner's glove target
- Partner should keep glove up as a target for the throw
- Players should be able to maintain balance and body control, but if they are unbalanced they may be using too much lower body
- Players throw back and forth until each player has had 10 repetitions

Layout of Drill:





Working in Set Position

Stage #5 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

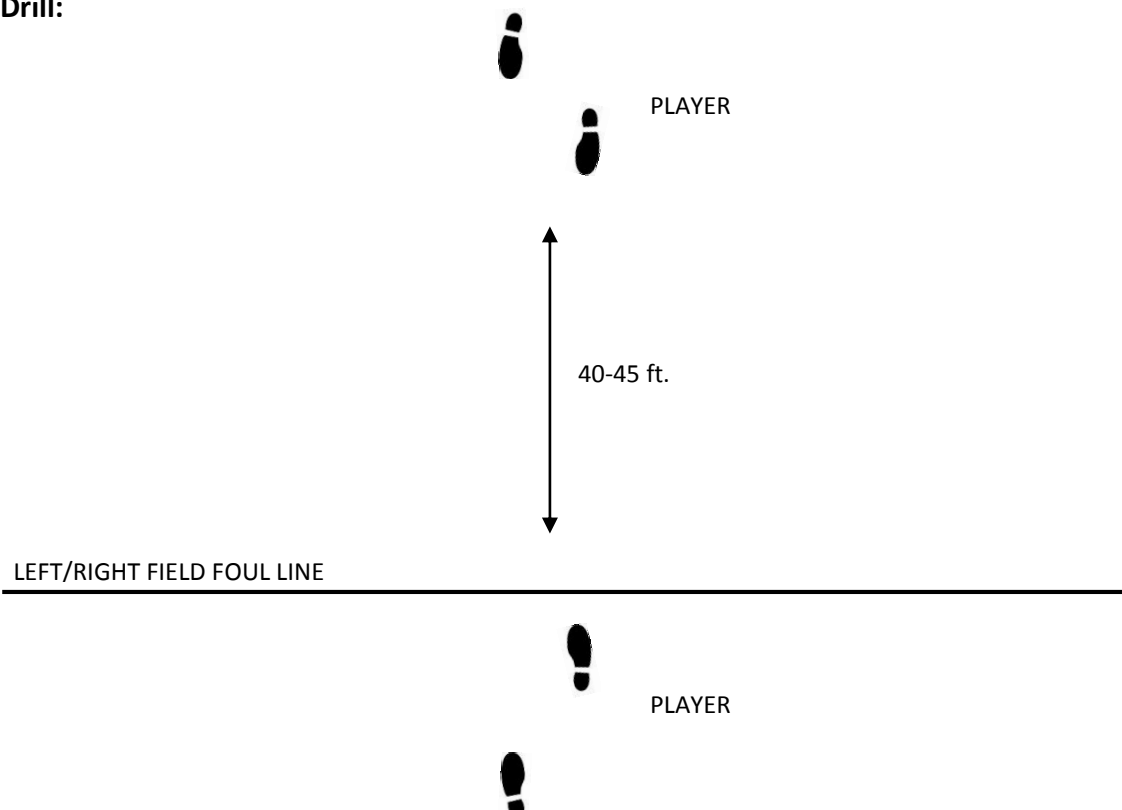
Equipment Required: Balls and gloves

Goal: Keep weight engaged on backside to maintain proper drive and hip rotation

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40-45 feet away in left/right field
- Players start in a comfortable set position, weight distributed 60% on drive leg, hips should be shifted back on drive side leg
- Player should pick up target, lift front leg in a pitching delivery motion, and throw to the target
- Player should have proper weight distribution so that hip rotation is engaged on release of the pitch
- Players throw back and forth until each player has had 10 repetitions

Layout of Drill:





Arm Speed

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Focus on having quick arm speed to the catcher without moving feet

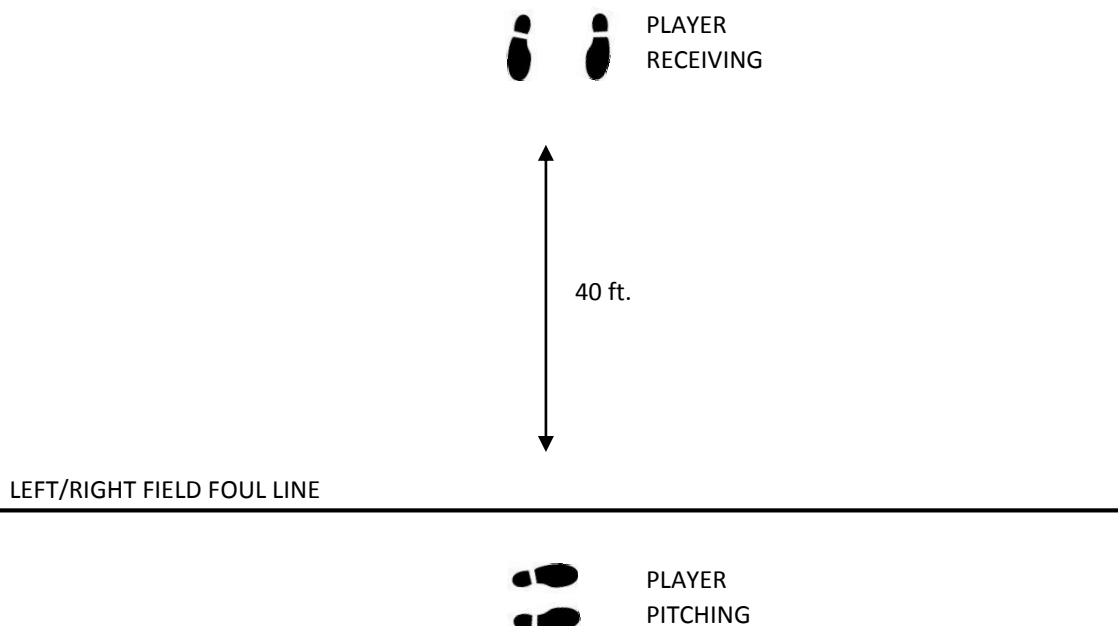
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner starts from side, with glove shoulder pointed to partner
- Throwing partner makes a quick throw without moving their feet
- Throwing partner shifts weight back and then forward with throw
- If partners are both pitchers, switch after 10 throws

Add Difficulty:

- To add difficulty, the receiving partner can pause at the “T” throwing position and throw from there
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Layout of Drill:





Balance Drill

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

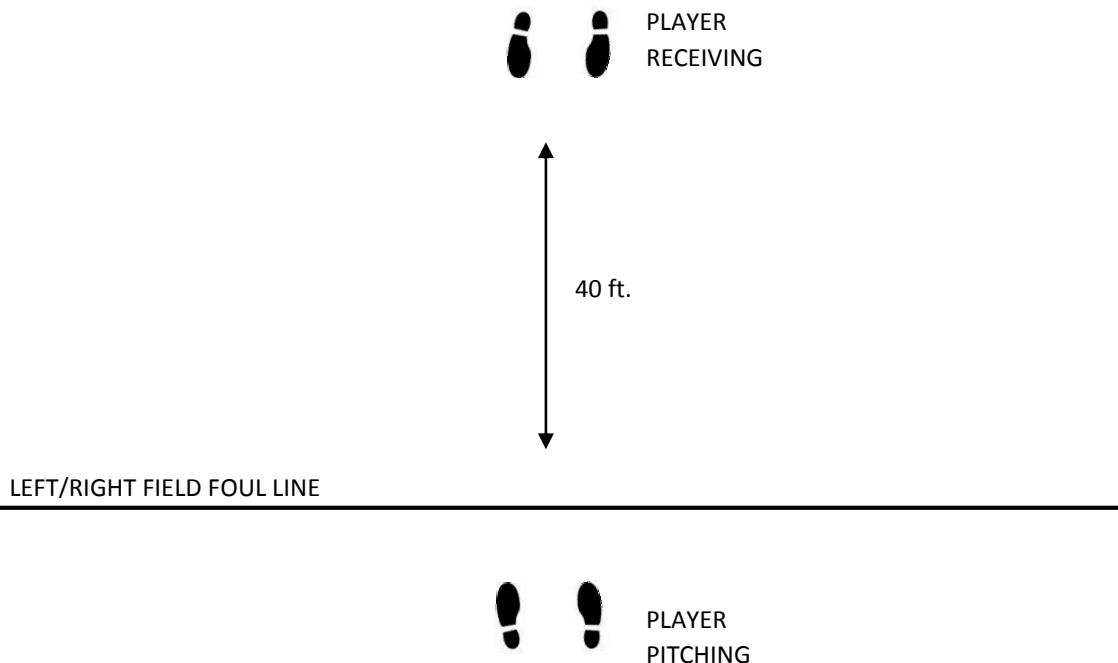
Equipment Required: Balls and gloves

Goal: In leg up position, move backside towards the catcher first, front heel stays closed

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
 - Receiving partner catches down in catchers position
 - Throwing partner goes through full wind-up, slowly, stopping with their front leg up in the air
 - Throwing partner then moves their backside to the catcher first, forcing the front heel to stay closed, and throws the ball to partner
 - Throwing partner finishes with a smooth follow through
 - If partners are both pitchers, switch after 10 throws
-

Layout of Drill:





Balance Pause Drill

Stage #6 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

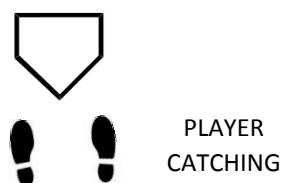
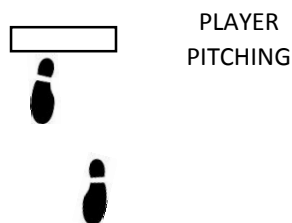
Equipment Required: Balls and gloves

Goal: Stay balanced over the pitching rubber to create leverage with drive leg

Description of the Drill:

- 1 player on the mound (mound optional, can use flat ground), 1 player catching (or a screen can be used)
 - Player starts on the pitching rubber with 60% of weight on drive leg, 40% on lift leg
 - Once weight is distributed properly, player lifts leg to get into balance position and holds the stance for 3 to 5 seconds (if the player is unable to stay balanced have them start over)
 - Player begin the drill with 5 dry repetitions (without throwing) to make sure mechanics are correct
 - After the dry repetitions, player goes through the drill again, this time throwing the ball to the catcher by driving down the mound from the balance position
 - Players should have at least 5 dry repetitions, then at least 10 throwing repetitions
-

Layout of Drill:





Balanced Stationary Drill

Stage #3 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

Equipment Required: Balls and gloves

Goal: Maintain balance and stability while throwing to target without using upper body

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Players start with glove shoulder pointed towards partner in the same landing spot as when pitching off of a mound, throwing side foot is anchored behind as if it was on the rubber
- Players should be in athletic positions on the balls of their feet before throwing
- Receiving partner should have glove as a target in front of their chest
- Before throwing, players should come to a set position
- Without rotating the upper body, players throw to the target focusing on the extension and getting core engaged in throw
- The back foot should stay planted and balanced
- Players throw back and forth to each other until they have each had 10 repetitions

Layout of Drill:

