

Coach Hand-Off Balance Drill

Video: [Coach Hand-Off \(Winning Baseball\) – 1 min](#)

Purpose:

Reinforces the pitcher's ability to stay balanced while lifting the lead knee and preparing to deliver the pitch.

Instructions:

1. The pitcher stands on the mound in the starting position.
2. A catcher is positioned at home plate ready to receive the pitch.
3. The coach stands beside the pitcher holding a baseball.
4. The pitcher lifts the knee and reaches a balanced position.
5. Once the pitcher is balanced, the coach hands the pitcher the ball.
6. The pitcher takes the ball and immediately delivers the pitch.
7. The catcher throws the ball back to the coach to repeat the drill.

Coaching Points:

- Ensure the pitcher reaches a strong, stable balance point.
- The pitcher should be able to hold the balance position for a few seconds.
- Emphasize control and body stability before beginning the throwing motion.

Towel Drill

Purpose:

Helps pitchers focus on proper extension, arm speed, and finishing their pitch.

Instructions:

1. Use a hand or dish towel and tape or secure a baseball in the center.
2. The pitcher holds the ball between the index and middle fingers to simulate a real grip.
3. A coach stands in front of the pitcher holding a glove near the release point.
4. The pitcher goes through the throwing motion and attempts to hit the glove with the towel.

Coaching Points:

- Emphasize full arm extension toward the target.
- Focus on a strong finish after release.
- Encourage explosive hip rotation to generate arm speed.

Pump Mechanics Drill

Video: [Pump Mechanics \(Winning Baseball\) – 3 min](#)

Purpose:

Breaks down pitching mechanics into phases to reinforce proper balance, separation, hip load, and delivery.

Instructions:

Phase 1 – Balance

1. Windup: Drop step, pivot, and reach the balance position.
2. Stretch: Come set and reach the balance position.

Phase 2 – Separation

1. Windup: Drop step, pivot, and balance.
2. Perform three controlled separations (hands and legs).
3. On the fourth separation, deliver the pitch.
4. Repeat the same sequence from the stretch position.

Phase 3 – Hip Load and Throw

1. Windup: Drop step, pivot, and balance.
2. Load the hips and deliver the pitch.
3. Repeat from the stretch position.

Phase 4 – Full Sequence

1. Perform phases 1–3 in sequence.
2. Repeat each phase twice.

Coaching Points:

- Focus on maintaining balance throughout the motion.
- Emphasize proper timing between upper and lower body separation.

- Encourage strong hip loading before the throw.

T-Alignment Drill

Video: [T-Alignment Drill \(Winning Baseball\) – 1 min](#)

Purpose:

Helps pitchers develop proper direction and controlled lateral movement toward the plate.

Instructions:

1. Draw a “T” or right-angle line extending forward from the pitching rubber.
2. The pitcher performs a normal pitching motion.
3. The pitcher attempts to land the inside of the stride foot’s big toe directly on the line.

Coaching Points:

- Focus on throwing directly toward the target.
- Maintain proper body alignment during the stride.
- Avoid stepping across the body.

Pick-Off Moves

Basic Pick-Off Move

Video: [How to teach pitchers the pick-off moves](#)

(1st Base for Right-Handed Pitchers / 3rd Base for Left-Handed Pitchers)

Purpose:

Develops proper footwork and timing for executing an effective pick-off move.

Instructions:

1. Start in the set position with the pivot foot touching the front of the pitching rubber and the non-pivot foot in line with it.
2. Quickly move the pivot foot forward off the rubber while simultaneously stepping toward the base with the non-pivot foot.
3. Throw to the baseman covering the base.
4. After the throw, take a couple of steps toward the base.

Coaching Points:

- Begin slowly to master footwork before increasing speed.
- Emphasize quick, controlled movements.
- Practice varying the timing before the throw to keep runners guessing.

Throw to Facing Base

(1st Base for Left-Handed Pitchers / 3rd Base for Right-Handed Pitchers)

Purpose:

Teaches pitchers to disguise pick-off attempts and maintain proper mechanics while facing the base.

Instructions:

1. Begin in the set position with the pivot foot in front of the pitching rubber and the non-pivot foot aligned with it.
2. Bring the lead leg up to the balance point while looking toward the base.
3. As the leg begins to come down, briefly look toward home plate while stepping toward the base.
4. Quickly turn the head back toward the base and throw to the baseman.
5. Take a couple of steps toward the base after the throw.

Coaching Points:

- Focus on smooth, controlled footwork.
- Maintain deception by varying timing and head movement.
- Practice both slow and game-speed movements.

Video Library

Set Mechanics: [Instructional Videos - Season 5 - Pitchers Breaking down the set motion](#)

Stretch Mechanics: [Pitching from the Stretch Basics](#)

Basic mechanics: [5 EASY Beginner Pitching Drills - Baseball Pitching Mechanics For Youth Players - How To Pitch](#)

Basic mechanics: [Youth Baseball Pitching 9 - 14 - How To Baseball Pitching Mechanics](#)

Mechanics: [The 2 Most OVERLOOKED Pitching Mechanics \(That could be costing you 5+ MPH of Pitching Velocity!\)](#)

Mechanics: [3 PITCHING DRILLS TO IMPROVE COMMAND](#)

Mechanics: [3 PITCHING TIPS IN YOUR DELIVERY | BASEBALL PITCHING](#)

Mechanics: [4 Ways to Improve Your Pitching Accuracy](#)

Mechanics: [5 BIG Baseball Pitching Misconceptions Youth Coaches Teach \(That MLB Players DON'T DO!\)](#)

Balks: [Balk Rules](#)

Drill: [Baseball Pitching Drills You Can Do AT HOME!](#)

