

Pitching

1. Mechanics Progression (Level: 3rd, Duration: 15 minutes)
 - a. Set position: Feet are parallel to the pitching rubber, with the throwing side foot in front and against the rubber. Hands are together about belt high.
 - b. Starting in the set position, kick the front leg and balance on the back foot for 10 seconds. Repeat until the player can easily balance.
 - c. Starting in the set position, kick the front leg and stride out. Front foot and glove hand should point at the catcher. Throwing hand should be pointed at second base. Repeat until the player can consistently transition from the set position to the stride position and maintain balance.
 - d. Starting in the stride position, lift the back heel, rotate hips, shift weight forward, draw glove hand into the body, and throwing arm should form an "L" at the side of the body. Repeat until the player can consistently transition from the stride position to rotating the hips.
 - e. Starting in the stride position, rotate the hips and throw a ball. Let momentum carry the back leg through so that both feet are pointing at the catcher. Repeat until the player can consistently transition from the stride position to follow through.
2. Balance Drill (Level: 3rd, Duration: 5 minutes)
 - a. Have players stand right next to a fence.
 - b. Starting in the set position and kick the front leg and balance for 10 seconds. Try not to lean against the fence.
 - c. Keep repeating until players can balance without hitting the fence.
3. Toe Tap Drill (Level: 3rd, Duration: 5 minutes)
 - a. Start in the set position and lift the leg to the kick position and touch the foot back on the ground three times before continuing with the pitching motion.
 - b. This drill can be done as part of actually throwing a ball or as part of simulating throwing a ball.
 - c. The goal of this drill is to further develop balance.
4. Towel Drill (Level: 3rd, Duration: 10 minutes)
 - a. Pair players up with partners and give each pair a small towel or shop rag.
 - b. One player is the pitcher and the towel between their index and ring fingers on their throwing hand. The other player stands a few feet in front of the pitcher and holds their glove out in front of them just above waist height.
 - c. The pitcher starts in the set position and proceeds through their full pitching motion. As their arm extends out in front of them, the towel should strike their partner's glove.
 - d. The goal of this drill is to create accuracy and consistency in their motion.
5. Bullpen Sessions (Level 3rd, Duration 15 minutes)
 - a. Have players pitch to a catcher. If a player catches, they must wear a mask at a minimum and should also wear a chest protector.

- b. Work with the player on their mechanics. Watch for them to have their elbow raised and hand away from their body. Ensure their front foot lands in line with the catcher and in a consistent spot.