

# BASEBALL

## Pitching Drills

### **Knee Drill**

**Set Up:** Back knee on the ground, with front foot slightly closed in the direction of your target as if you are in a standing position. Front knee in a 90 degree angle. Upper body should be positioned as if actually pitching. Start with hands at the separation point. Target is set up 30 feet away.

**Execution:** First movement is the proper separation of hands by turning them downward and continuing through your first motion. Front knee remains at a 90 degree angle throughout the entire drill. Throwing hand finished outside of front knee. Head stays on the target from start to finish.

Emphasize the following:

1. Duplication of upper half mechanics
2. Separation at midsection
3. Consistent arm action
4. Upper body balance
5. Head behind the baseball
6. Finishing out in front

### **Stride Drill**

**Set Up:** Stride out from the stretch position towards target, front foot slightly closed. Front side should be aligned with target, hands positioned at the separation point. Body weight placed on the balls of your feet and distributed 50/50 front to back. Target is 45 feet away on flat ground, target should be at a kneeling position. Drill can also be executed from the rubber to a catcher behind the plate prior to bullpen session or pregame warm up.

**Execution:** First movement is proper separation of hands turning downward and simultaneously loading up on your backside. Weight should be distributed 70/30 on your backside. Glove tuck and back side drive happen simultaneously. Back hip should drive to front knee creating a downward angle on upper body. Emphasize full hip rotation and back side extension at release point. Drill needs to be executed through a firm front leg, maintaining balance and a square finish to the target in a proper fielding position.

Emphasize the following:

1. Proper position/angle to home plate
2. Proper load with hand separation
3. Backside drive in a downward plain
4. Firm front leg and balance
5. Proper tempo and rhythm (every pitcher has his own tempo and rhythm)

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## **Back of Mound Drill**

Set up: Drill can be executed from the stretch or windup position, being far enough from the back of the mound so that your normal stride will land half way up the back slope of the mound.

Execution: Execute normal pitching delivery against the back side of the mound. By throwing against or up an incline, the pitcher is forced to get out over his front side to get the ball down in the zone.

Emphasize the following:

1. Full hip rotation
2. Getting over you front side
3. Extension to target

## **Long Pen**

Set Up: Pitcher is throwing off the mound. Catcher is set up an extra 3-5 steps further than is normal set up position from the plate.

Execution: Pitcher executes his regular bullpen routine at an extended distance. The idea is for the pitcher to learn to throw **THROUGH** the catcher, not **TO** the catcher. All pitched should be implemented in this drill.

Emphasize the following:

It is important to stay behind all pitches, with emphasis on the direction the pitcher is driving to the plate. The longer he maintains a direct line to the target the better.