

Pitchers Drills

PFP routine-everybody does each one twice.

- 1-3
- 3-1
- 4 hole-1 (hit it where the 1st baseman and 2nd baseman have to communicate)
- 1-6-3
- 3-6-1
- Bunts to 3rd base side
- 1-2-3

5 ball drill-No throwing just work on footwork and communication

Put ball 1 half way between home and mound (squeeze)
Put ball 2 on first base side half way to 1st (slow roller)
Put ball 3 at 45° on 1st base line 3 feet from foul line (bunt)
Put ball 4 at 45° on 3rd base line 3 feet from foul line (no shuffle bunt footwork)
Put ball 5 just off mound on 3rd base side (footwork to get lead out on 1st & 2nd bunt defense)

Dry Mechanics Routine

Wind-up 2sec hold at balance position
 2sec hold at finish
 Work 2 batters with visualization(sign-breathe-execute pitch)
Stretch Same as wind-up

Dry Picks/bunt D Routine

Picks-

R@1st—Long hold pick
R@1st—Quick Pick
R@2nd—Inside turn
R@2nd—any sort of picks you might have from middle infield
R@1st & 3rd-3-1 move

Bunt D-

R@1st-Bunt D timing and break
R@1st & 2nd—Bunt D timing and break

The key to the Dry Routines is to have them be able to visualize and make it as game like as possible. It is a waste of time to do the Dry Mechanics routines if they don't put themselves in a situation.

Pass Ball Communication/Covering home

Have a pitcher at backstop on first base side/directly behind plate/3rd base side at backstop and stand by plate and have pitcher throw a dry pitch and you throw ball off backstop to one of the 3 locations. The pitcher that threw pitch then has to cover plate while telling catcher location of passed ball (1-1-1 or back-back-back or 3-3-3) the pitcher that is standing at the location by back stop then throws it to the pitcher covering plate. Pitcher covers plate by catching ball and getting a tag down quickly.