

PITCHING DRILL (P01)

DRILL: BALANCE

OBJECTIVE

- Teach the basic fundamentals of balance.
- Demonstrate the importance of being balanced when lifting the leg and separating the arm.

EQUIPMENT

- None needed

SET UP

- The pitcher must stand on the pitching mound in the set position.

EXECUTION

- The pitcher should lift his leg for at least 3 seconds
- The pitcher should then proceed to separate his pitching arm and glove, while at the same time lowering the leg of the glove hand and staying in the position shown below for at least 3 seconds.
- Once the required time is completed, the pitcher should go back to the lifted leg position and repeat the drill.



PITCHING DRILL (P02)

BALL ON THE FLOOR

OBJECTIVE

- Develop pitcher balance

EQUIPMENT

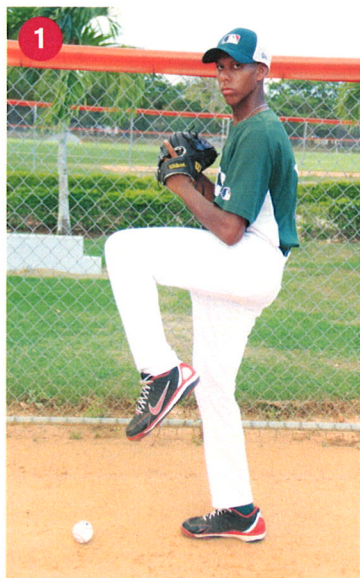
- Baseball (1)

SET UP

- Pitcher starts in set position.
- One baseball is placed on the ground 2-3 feet away from the pitcher.

EXECUTION

- The pitcher proceeds to pick the baseball up from the ground with his pitching arm, lifting the glove hand leg behind while keeping gloved hand closed in on his chest
- The pitcher must lift his leg to a 90-degree angle.
- This drill should be repeated three to four times per session. The last movement should be identical to the one made when throwing a pitch to home plate.



PITCHING DRILL (P03)

DRILL: BALANCE AT FINISHING

OBJECTIVE

- Work on the pitcher's balance.

EQUIPMENT

- Baseballs.

SET UP

- Pitcher should stand on the pitcher's mound, ready to throw a pitch.

EXECUTION

- Pitcher should perform a normal pitching motion to home plate.
- Once the pitcher performs his motion towards the catcher, the pitcher should keep back leg lifted for 3 to 4 seconds.

*The coach should make sure the pitcher stays balance throughout the entire drill.



PITCHING DRILL (P04)

DRILL: BALANCE RUBBER

OBJECTIVE

- Develop Pitcher Balance.

It's important that a pitcher's back leg doesn't move once the leg-raising motion is performed. All the power comes from the back leg forward pushing towards home plate, and so the foot should stay firmly on the ground.

EQUIPMENT

- Balance rubber.

SET UP

- Pitcher stands a foot away from the balance rubber.

EXECUTION

- The pitcher proceeds to position the support foot on the balance rubber and perform the leg- lifting motion, all the while doing maintaining a motionless support foot on the rubber.
- The pitcher should stay up for at least 10 seconds in order to complete the drill.

PITCHING DRILL (P05)

DRILL: SEPARATION AND ARM IN L SHAPE

OBJECTIVE

- Create a habit of performing the right motion at the moment of separating the gloved arm from the pitching arm.

EQUIPMENT

- Towel or Baseball

SET UP

- Pitcher must stand in a 50/50 position with hands close to the chest without separation.

EXECUTION

- The pitcher starts by moving 60% of his body backwards while separating the hands at waist level, forming an L behind his body, and maintaining this arm angle until bringing his arm forward simulating a pitch.

The coach must make sure that the pitcher performs this drill in a single, fluid motion with proper arm extension, both behind and in front of his body.



PITCHING DRILL (P06)

DRILL: WAIST-SHOULDER SEPARATION

OBJECTIVE

- Develop the proper waist-shoulder separation when the body moves towards the plate for a pitch.
- Teach pitchers the importance of keeping their hip closed while shifting the majority of his weight towards the back of his body.
- Develop balance.

EQUIPMENT

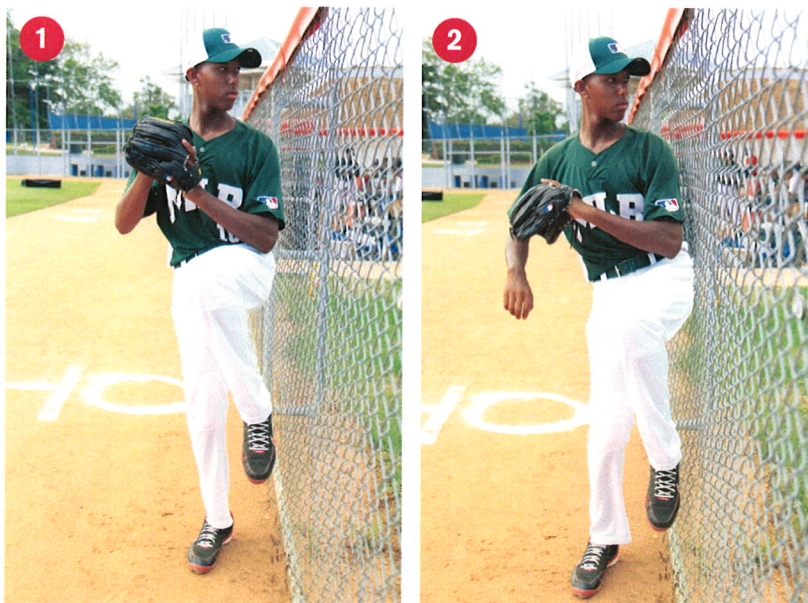
- None needed.

SET UP

- The pitcher must stand an inch away from a wall, besides it.

EXECUTION

- The pitcher should start in set position
- Once the pitcher executes the leg lift, the pitcher should proceed to move towards the wall, simulating a motion towards home plate, with the waist being the first body part to make contact with the wall.
- The drill should be repeated several times in order to create muscle memory.
- The coach must make sure that the first body part to touch the wall is the back side of the hip. If the first thing that touches the wall is the front shoulder, the coach knows that the pitcher is falling forward and losing momentum and power.



PITCHING DRILL (P07)

DIRECTION, EXPLOSION AND FOLLOW-THROUGH

OBJECTIVE

- Work on motion and mechanics in a pitch.
- Create a habit of a proper follow-through after a pitch, particularly for a pitcher with issues in his direction or follow through.

EQUIPMENT

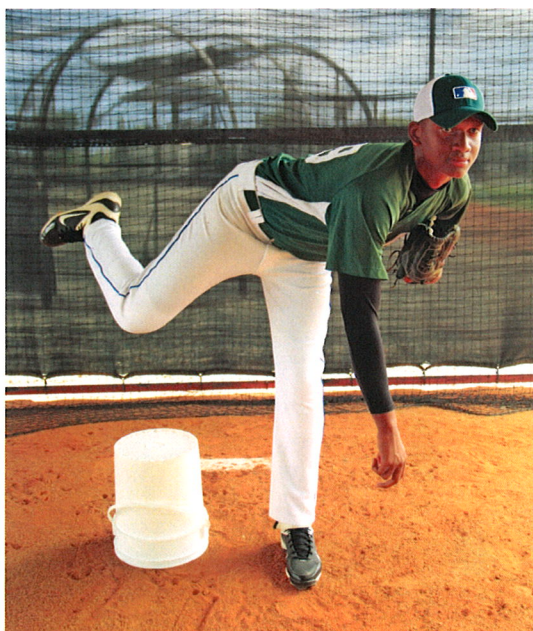
- Baseballs or towel.
- Specialized base (23 inches wide and 23 inches long), also a bucket or two can be used.
- Chalk.

SET UP

- Draw a chalk line from each side of the mound towards home plate.
- The pitcher stands on the mound in set position.
- Set up the specialized base or a bucket or two where you will have to lift your leg over them when you pitch.

EXECUTION

- The pitcher should perform his pitching motion towards home plate. His forward foot must land between both lines (in the middle), while the base forces the pitcher to lift his back leg over the base.
- The pitcher should execute this drill while throwing at a 50%-60% capacity.



PITCHING DRILL (P08)

DRILL: BALANCE POINT

OBJECTIVE

- Work on the pitcher's balance.

EQUIPMENT

- Baseballs.

SET UP

- Pitcher stands on the mound.
- Coach stands 4 to 5 feet behind the pitcher.

EXECUTION

- The pitcher starts the pitching motion, and the coach waits until the pitcher raises his leg and looks back at the coach.
- The coach then proceeds to throw the pitcher the ball at a moderate speed, which the pitcher catches in or around the zone where the arm begins the pitching motion.
- The coach then tells the pitcher what pitch to throw
- The pitcher grips the ball accordingly, looks at the catcher, and start the pitching motion towards home plate with his front foot and completes the pitching motion.



PITCHING DRILL (P09)

DRILL: FOCUS ON THE HAT

OBJECTIVE

- Attain pitch command and control.
- Create a habit of always pitching with a focus on the target.
- Attain release point consistency.

EQUIPMENT

- Hat
- Catcher
- Baseballs

SET UP

- Once the catcher is behind home plate and ready to receive a pitch, a hat must be placed right in front of his feet.

EXECUTION

- The pitcher proceeds to complete the pitching motion while focusing on hitting the hat. All pitches must revolve around the hat.

*This drill will help create a habit of keeping pitches low in the zone.



PITCHING DRILL (P10)

DRILL: BEHIND THE MOUND.

OBJECTIVE

- Create a habit of flexing the front knee.
- Generate arm speed.

EQUIPMENT

- Baseballs

SET UP

- The pitcher stands 3 feet behind the mound.
- The catcher is positioned 40 feet in front of the pitcher.
- The pitcher stands in a 50/50 stance with hands close to the chest, without separation.

EXECUTION

- The pitcher starts moving 60% of his weight backwards and separates hands at waist level
- Once the arm moves forward to perform the pitch, the pitcher must flex the front knee properly to hit the catcher's target



PITCHING DRILL (P11)

DRILL: TEE

OBJECTIVE

- Create a habit of proper movement in the pitching arm.
- Keep the palm of the throwing hand facing down at the start of the pitching motion.

EQUIPMENT

- Baseballs.
- Tee.

SET UP

- The pitcher stands in a 50/50 stance with his hands at chest level and no separation.
- A tee is placed behind and parallel to the pitcher.
- Place a baseball on the tee.

EXECUTION

- As the pitcher proceeds to make the pitching motion, the throwing hand picks up the baseball from the tee behind the pitcher
- The pitcher then proceeds to deliver the pitch.
- The coach should make sure that the pitcher is executing the proper movements and does not execute bad tendencies in order to pick up the ball placed on the tee.



PITCHING DRILL (P12)

DRILL: PROPER ARM CIRCLE

OBJECTIVE

- Create a habit of keeping the hand on top of the baseball, once the baseball is taken out of the glove and while executing the pitching motion.

EQUIPMENT

- 5 baseballs inside a sock
- Chalk

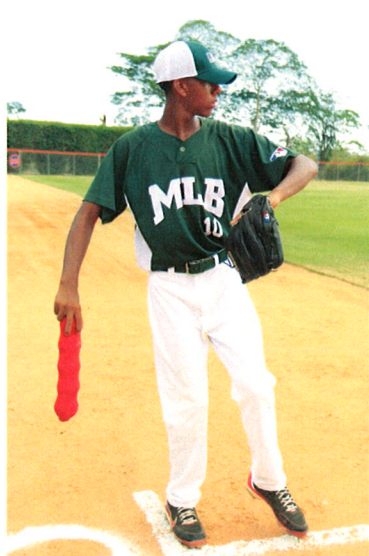
SET UP

- The pitcher stands in the set position.
- The coach proceeds to make a chalk circle on the ground behind him.

EXECUTION

- The pitcher stands in the set position and proceeds to begin the pitching motion
- Once the pitcher separates his hands and the arm starts the pitching motion, the pitcher must release the sock just before BRINGING his pitching arm forward, finishing the delivery with a light simulation (40% of the pitcher's arm-speed capacity).

*The coach must watch where the sock drops after each repetition. If it falls outside the chalk circle, then the pitcher is performing an irregular motion in the pitch.



PITCHING DRILL (P13)

DRILL: THUMB HABIT

OBJECTIVE

- Create a habit of maintaining the proper position of the pitching palm while pitching.
- Avoiding the upright motion of the forearm while pitching.

EQUIPMENT

- None needed.

SET UP

- The pitcher is positioned in a 50/50 stance with hands close to the chest and no separation.

EXECUTION

- The pitcher proceeds to move 60% of his weight backwards while separating the hands.
- The thumb of the pitching hand must brush lightly against the back thigh. Once this happens, the palm of the pitching hand must face towards 2nd base with the arm in "L" position.

"L" position: Pitching arm at a 90-degree angle.



PITCHING DRILL (P14)

DRILL: FIGURE 8

OBJECTIVE

- Teach a pitcher the proper path of his pitching hand after removing the ball from the glove.

EQUIPMENT

- Baseballs.

SET UP

- The pitcher must stand in a 50/50 stance with his glove and arm at chest level.

EXECUTION

1. The pitcher starts moving 60% of his weight backwards as he separates his hands at waist level.
2. Once the arm reaches the extension zone behind him, the pitcher must simulate drawing the number 8 on a level plane, repeating this step 2 or 3 times.
3. Once having completed this movement, the pitcher should then continue the regular pitching motion.

*The coach must be sure that the pitcher keeps his fingers on top of and behind the ball at all times.



PITCHING DRILL (P15)

STRIDE TOWARDS HOME PLATE

OBJECTIVE

- Teach a pitcher to use a proper stride towards home plate.

EQUIPMENT

- Baseballs
- Vertical object (that can be embedded in the ground) or a cone.

SET UP

- The pitcher stands on the mound, with the vertical object placed 3 feet in front of him, between him and home plate, and 2 feet away from center (toward his throwing arm side).

EXECUTION

- The pitcher should proceed with the pitching motion
- At the moment the pitcher strides forward, the pitcher should move towards home plate, lest the pitcher hit the vertical object and lose his balance.

* The coach must ensure that the pitcher doesn't open his hips early to avoid hitting the vertical object; this drill teaches the pitcher to go in a straight motion towards home plate.



PITCHING DRILL (P16)

DRILL: FASTBALL CONTROL ON THE EDGES OF HOME PLATE

OBJECTIVE

- Learn to control fastballs to the corners of home plate.
- Learn to divide home plate into three areas, establishing that you should never pitch in the middle area.

EQUIPMENT

- Baseballs (3)
- Home plate divided by color into three zones, where the middle part is red, indicating where the ball should never be pitched
- Pitching mound
- Catcher's equipment

SET UP

- Pitcher
- Catcher
- Coach



EXECUTION

- The pitcher should pitch towards home plate.
- The pitcher must focus on the corners of home plate.
- Before each pitch, the coach should remind the pitcher to visualize the desired pitch.
- The pitcher should proceed to throw a series of fastballs to each corner of home plate (10 to the left and 10 to the right), and then 20 fastballs to alternating corners.
- The coach should help the pitcher concentrate and make corrections when necessary.