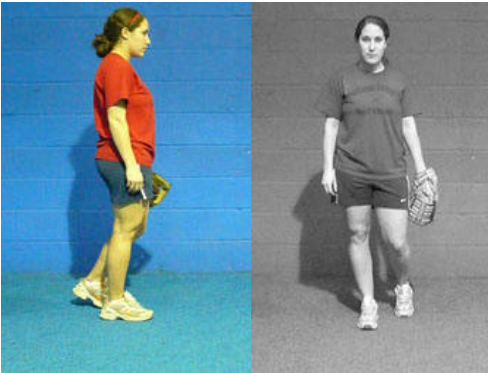


## SIX POINT PITCHER DRILL by Jenna Yaeger

### Step 1



Start this drill by taking your regular stance on a flat surface (or the top of the pitching rubber).

### Step 2



Bring your hands together in front of your body (Presenting the Ball).

### Step 3



Drop your pitching hand to your side, and either A-point your glove at the catcher (Beginner) B-Keep the glove hand against your body (Intermediate) or C- Bring the glove down with the ball (Advanced)

#### Step 4



Extend the glove, pitching hand and your non-pivot foot in front of your body.

#### Step 5



You should keep your glove and foot extended in front of your body as you lift the ball over your head.

#### Step 6



Move the glove hand arm in a breast stroke motion as you bring the ball downward toward the catcher. Release the ball and follow through with both hands up in front of your body, ready to field a batted ball.