

<https://www.facebook.com/amanda9scarborough/>

https://www.facebook.com/pg/amanda9scarborough/videos/?ref=page_internal

<http://www.pitchingmagic.info/>

<https://www.youtube.com/channel/UCT606juXZJJ40W4RrQJUWdQ>

Highland Pitching Drill Youtube Channel

https://www.youtube.com/playlist?list=PL1fLAIQ5p1__VJ_SvkPHW_Vd7atQhdp3N

Pitching Drills

Toes on Power Line: Draw a line in the dirt or use a piece of rope, string, garden hose or extension cord as a line from the middle of the pitching rubber to home plate....toes on the line.

Wrist Flips:

- Start w/ pitcher about 4 to 8 feet away from catcher
- Toes on the line
- Grip ball on C
- Knees bent, athletic position
- Find target, point w/ glove
- Laser Shoulder...front shoulder should be laser pointed at catcher / target
- Door Closed (hips perpendicular to target...don't move hips on this drill)
- Get rotation / snap on ball

Snaps:

- Bring ball further back...keep it on the power line
- Grip ball on C
- Knees bent, athletic position
- Find target, point w/ glove
- Laser Shoulder
- Door Closed (hips perpendicular to target...don't move hips on this drill)
- Follow through to chest**

Longer Snaps:

- Pitcher should move to about 8-10 feet away from catcher...adjust accordingly
- Left arm and hand point toward target at shoulder height...front arm and pitching arm should be parallel to ground
- Right arm same in opposite direction
- Check 3 things...glove, ball, feet
- Keep door closed
- Laser shoulder
- Follow through pitching hand to chest

Wrist Flips, Snaps and Spin Videos

<https://www.youtube.com/watch?v=Es-zvtCYXwo&list=PL8D4C4922D3B8BE51>

Drop and Snap: Cat Osterman

<https://www.youtube.com/watch?v=Vzvo42UsJmA>

https://www.youtube.com/watch?v=T4Q8D_WV7sc

Power Line, Wrist Snaps and Spin Videos

<https://www.youtube.com/watch?v=KC3ZouXDwyw>

https://www.youtube.com/watch?v=Di4xi_jW8Yw

K Drill:

- Same as snaps only throwing arm is now extended higher
- Make a "K" with your glove pointing at target parallel to ground
- Throwing arm up in air w/ ball pointing toward 2nd base
- Front hand up and pointing toward target
- Raise front foot and drop it along with front arm....snap through w/ throwing motion

Knee Arm Circles:

- Kneel on knee of throwing arm
- Start w/ one arm circle and pitch
- Increase to two arm circles
- Be sure to keep ball on the line.

<https://www.youtube.com/watch?v=CNpmyklw9OQ&index=2&list=PL8D4C4922D3B8BE51>

<https://www.youtube.com/watch?v=LUGXyUAxSIM>

Standing Arm Circles:

- Same as the Knee Drill only in a standing position.
- One, two and three arm circles can be used.

Knee Drill:

- Full windmill
- Double Windmill

Knee Drill and K Videos

http://www.playsportstv.com/softball/softball-pitching_pitching-drills

Knee Drill and More Wrist Snap Videos

<https://www.youtube.com/watch?v=VIDUC-B-eGA>

Wall Drills / Arm Circles:

<https://www.youtube.com/watch?v=BL-MvRre4yY&list=UU1dpYl4jo9QQTPhZ4gpvc4Q&index=33>

<https://www.youtube.com/watch?v=NoRJnKq3ZGk>

Footwork:

Push and Drag

<https://www.youtube.com/watch?v=ex8H0gM3OA4&index=35&list=UU1dpYI4jo9QQTPhZ4gpvc4Q>

<https://www.youtube.com/watch?v=aODMhqLOyhY&list=UU1dpYI4jo9QQTPhZ4gpvc4Q>

(This is demonstrated by a left handed pitcher)

<https://www.youtube.com/watch?v=ZUWBvOUsdSo>

Full Pitching:

-Both feet must start on rubber

-Pitch knee to knee...lead w/ front leg and drag back foot off rubber and finish knee to knee

Fastpitch Pitching Mechanics in Slow Motion: Amanda Scarborough "Power Drive"

-I'm not recommending that you spend \$200 on this tool but the video is really a great lesson on pitching mechanics.

<https://www.youtube.com/watch?v=avcEmdxuc30>

<https://www.youtube.com/watch?v=oBR65DuiJag>

Mike Candrea (Univ of AZ coach)...ignore section on drop ball, rise, change up, etc for a few years...just throw strikes for now

https://www.youtube.com/watch?v=7kxI_hAVk-g

Glass of Water

<https://www.youtube.com/watch?v=2slrZvqzzRg>

More Advanced Drills

Karate Kid

-Make sure pitcher is balanced...bring front foot up and weight onto back leg. Push off throwing leg and step toward catcher as you throw the ball.

One Leg "Karate Kid" Drill Video

<https://www.youtube.com/watch?v=7p3GAvX3400>

One Leg "Karate Kid" Drill Video

<https://www.youtube.com/watch?v=gnS2N-QUzj8>

Walk and Pitch

Walk and Pitch Videos

https://www.youtube.com/watch?v=5tXU0__fOHU

Change-Up:

https://www.youtube.com/watch?v=uhOFVYCmLVM&list=PL1fLAIQ5p1__VJ_SvkPHW_Vd7atQhdp3N&index=26

https://www.youtube.com/watch?v=SLkm9Bf33rw&list=PL1fLAIQ5p1__VJ_SvkPHW_Vd7atQhd p3N&index=29

<https://www.youtube.com/watch?v=5m24FM0TOKA>

Pitcher Training:

<https://www.youtube.com/watch?v=qdBXqCwwt6Q&list=UU1dpYI4jo9QQTPhZ4gpvc4Q&index=43>

Pitch to Spots: As your daughter becomes more adept at throwing strikes have her work on throwing to spots. Strikes are good but we don't want them all being thrown down the middle of the plate. Have her work on throwing low and to the corners of the plate. Give her a target on either the inside or outside of the plate (seen in green on plate at right).



Amanda Scarborough - Lessons and Clinics



The most common thing fastpitch pitchers need to work on across the board, no matter what age, is when your stride foot hits, your weight should still be balanced in a neutral position and NOT leaning forward. Chin over your belly button.

If your weight is forward on your front foot when your stride foot lands, you will have no energy to push through the ball with your backside drag as you release your pitch. MANY of you email me and message me asking me how to gain more speed. THIS mechanical adjustment makes a huge difference.

Imagine hitting just off of your front foot - there would be no power. Imagine throwing just off of your front foot - there would be no umph behind the ball. Fast pitch pitching is exactly the same. In fact...all of the different positions in our sport, you need to be in a similar position where your energy is stored up back, and then transfers through the front side.

I think pitching gets missed a little bit because many people are afraid to teach it because it is somewhat of a mystery to the typical softball dad who played baseball, or softball mom who didn't pitch. Take your knowledge from other athletic movements inside of our sport, and apply it to underhand pitching. It's not that scary, promise!

When you break it down and take a look at it, our bodies need to be able to move in similar ways to create energy and then to release it. Pitching is no different. Often times with [The Packaged Deal](#) at our clinics we compare it to going to punch somebody. If I wanted to punch someone as hard as I can, my weight would load back onto my back leg, and then I would punch forward to hit someone my hardest. I would NOT have all of my weight on my front foot, and then all that would be left is my upper body to supply the power.

Our lower halves have SOOOOO MUCH strength and power, and we have to be able to use our body in an efficient way to make sure that power is being used through our pitch! The back knee would be thinking about driving under the back hip. If you are a right handed pitcher, that would be your right knee staying underneath your right hip.

Take a look at the pictures below to see the similar positions in throwing, hitting and in pitching! The back leg has bend in it. It's driving forward and not being left behind.

Bend = energy. If there is bent, it means there is weight back, which that weight can then be transferred through the ball. If the leg is straight, it means the power has already been released, and you will be using mainly upper body when you go to release the ball.

Will have another post coming up that will serve as some helpful tips to try to work on this common problem...stay tuned....