



## Pitching Drills

**Wrist Flicks:** (<https://www.youtube.com/watch?v=Es-zvtCYXwo>) all of Amanda's videos that I've seen seem to be pretty solid, so if you want a little bit more you can take a look at those.

□ use just your wrist, if possible, minimizing hip rotation (tell them to square up their hips) 10- 20 of these should suffice for a warm up- when they start throwing other pitches, they can use this drill to practice their releases for those pitches

**T's:** ([https://www.youtube.com/watch?v=Di4xi\\_jW8Yw](https://www.youtube.com/watch?v=Di4xi_jW8Yw))

- relaxed arm position (it's more natural and realistic than a stiff arm)

can be done without the stepping and dragging to isolate the arm movement .

### K's

- This picture below is a pretty good K position. This pitcher is a bit more advanced, so her weight isn't as far backwards because she's focusing more on leaping off of the mound, elongating the "K."
- Hips should be completely open, and stay open until the arm has gone through on the power line, the hips slamming "shut" shortly after that.
- Arm swings down on a straight line up, back, and following through (make sure that their arm doesn't wrap back past their shoulders, it should be on the power line the whole way through (imagine that the power line is a plane that extends straight up into the air, the ball should stay on that plane).
- Weight transfers from the back foot to the front foot, with the knees coming together at the end. Make sure the weight transfer is coming from the hips and shoulders moving, not leading with the head (or "turtling").
- At the end of the pitch, the arm should have followed through straight and close to the body, the knees and feet should be together squared up to the catcher, and the girls should be pretty well balanced at the end.





### **One circle**

□ A good way to loosen up the arm completely before moving on to full pitching- it's important to pay attention to the arm following the plane of the power line and the hips staying open long enough for the arm to come through first

### **Full pitching**

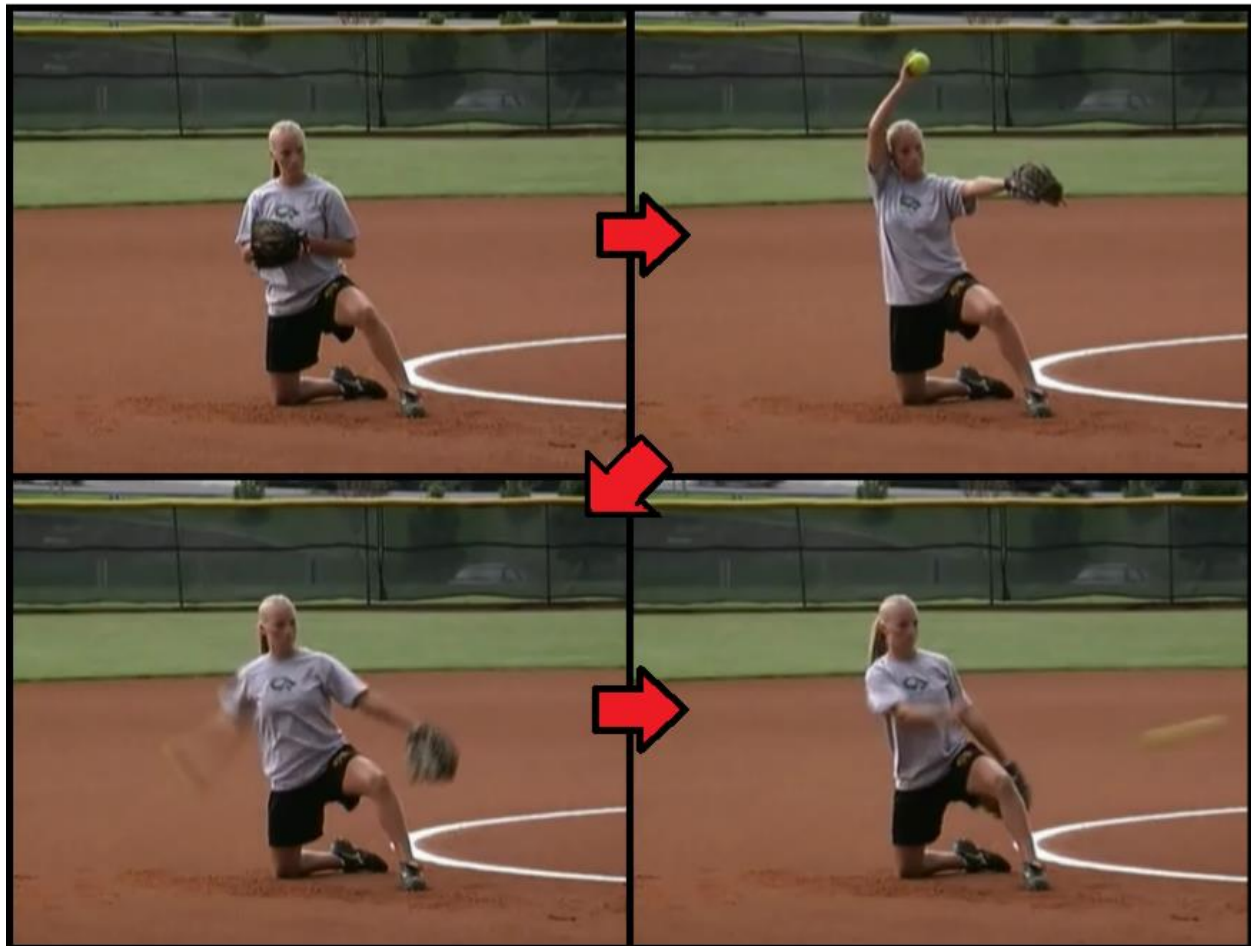
- a good amount of time should be spent doing this. The tips from the other drills all apply here
- typical errors include the hip closing before the arm can go through, the arm not going in a straight line all the way around, following through too high, or "turtling" (leading the weight transfer with the head)

**These next few drills are a little bit complicated for these drills, but if the girls get bored of the drills they have, these are good additions. They're a little bit complicated and take a while to learn, but make sure they stick with them!**

### **Three circles from one knee**

- The picture below is a good example of proper kneeling position, but not of the actual drill.
- For the drill, the arms start pointing straight at the catcher, the weight mainly on the back knee. The pitcher proceeds to swing their arm on the plane of the power line three times,

releasing after the third circle. The goal is to keep the weight backwards, and it's a good introduction to the drill standing up. Make sure the follow through with the arm is at the shoulder, and that the girls keep their balance and control as their arm is swinging



### **Three circles standing**

□ The same drill as above, but standing. This part includes a weight transfer, which can be tricky. The weight starts backwards and stays backwards until just before the release of the ball. On the third circle, the weight transfer should come from the hips and shoulders (to avoid “turtling” or leading with the head), the knees should drive together so that the end looks like the end of this GIF



**Three steps** (<https://www.youtube.com/watch?v=r7o7MC1XX5k>) also good for developing arm strength if you were to keep backing up and throwing from further distances, just make sure that the mechanics stay solid (move in if the pitches start getting too wild).

**Jump up** (<https://www.youtube.com/watch?v=yGf52TxwwfM>) I've never tried this drill but it looks interesting for strength building.

### **Coaching in a Game**

#### **If it goes too far inside/outside**

- If the hips close too soon, the arm could either come across the hips to overcompensate and go inside, or hit the hip and go too far inside.
- The foot could not be stepping straight out- have the girls draw a power line and have the foot stepping out (left foot for rightys) be right on there.

#### **If it goes too high**

□ The release point could be too late. **If it goes too low**

□ The release point could be too early.

#### **Reminder of the rules for pitching legally**

- Both feet need to be on the mound at the beginning.
- No “crow hopping” (the pitchers in this video is crow hopping, though in different ways)

<https://www.youtube.com/watch?v=eNKG4B0GS94>

- The hand can only go in the glove once when on the mound- called “set position”.