

# Pitching Routines

- **Stance:** Feet at 45 degree angle, Slightly bent knees, Back heel off the ground
- **Pump vs Swing:** Pumping prevents batter from seeing grip and gives them less time to react, Swing gives away grip and uses up energy that doesn't advance the ball
- **Focus on Staying on the Power Line:** Draw a line down the center of the plate and aim for jumping straight forward (should be about 7 foot lengths from plate)
- **Give It, Don't Guide It:** Throw hard at all times - don't ever let up to throw a strike

## 4 Seam Fastball



\*Follow through straight up, the ball should go inside for a righty batter

## 2 Seam Fastball



\*Follow through a little across, the ball should go outside for a righty batter

## Changeup



\*Arm speed is same as fastball - Give it, don't guide it!

Beginning Drills - these are great to build mechanics little by little - even the most experienced pitchers still start with these basic drills to get their arms warmed up and ready for that muscle memory recall.	Power Drills
<p style="text-align: center;"><a href="#">Flip Drills</a></p> <p>- only move pitch forward - don't go back - Most Reps of Each Pitch</p>	<p style="text-align: center;"><a href="#">360 Leg Up Drills</a></p>
<p style="text-align: center;"><a href="#">Brush Drills</a></p> <p>Slow 1, Slow 2, Fast 3</p>	
<p style="text-align: center;"><a href="#">Kneeling K Drill</a></p>	<p style="text-align: center;"><a href="#">Full Walk Off Drill</a></p>
<p style="text-align: center;"><a href="#">Standing K Drill</a></p>	
<p style="text-align: center;"><a href="#">Arm Alignment Drill</a></p>	<p style="text-align: center;"><a href="#">Baby Walk Off Drill</a></p>
<p style="text-align: center;"><a href="#">Kneeling 3-2-1 Drill</a></p> <p>Start with 3 circles, then 2 circles, then 1 circle</p>	<p style="text-align: center;"><a href="#">Baby Walk Off Drill - Specific to Changeup</a></p>

[Fork Alignment Drill](#)

[Normal Pitch](#)