



Berlin Youth Baseball – Fundamentals Clinic Drills

Goal of this document: Provide coaches, parents, and players with a follow-up on some of the main drills used and during the fundamentals clinic that can be practiced at home or in future practices.

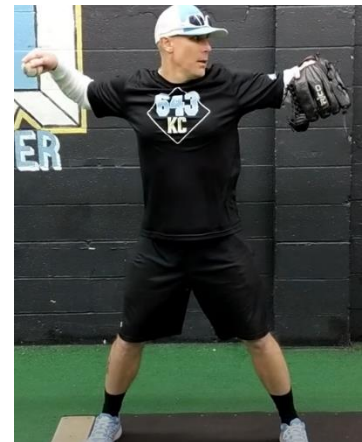
Pitching

1.) “Split Stance” mound throws

Pitcher faces forward on the mound (like they’re already completed their rotation and are now delivering the ball to the plate). Back foot has heel up and toes on the front of the mound. Front leg is in a split stance toe forward towards home plate. Your glove tucked under your arm, your throwing hand up in an L shaped position. Then, without moving your feet at all (keep them glued to the ground), slightly rock back your body and arm, throw to the catcher, and ensure your throwing arm follows through, coming down across your body.

2.) “Stride Separation Leg Lift” mound throws

Pitcher faces sideways in stretch position with legs stride apart already, glove hand forward, throwing hand in back, both throwing and glove arms are raised into the “Big T” position. Head is turned towards home looking directly over your glove hand shoulder. Now keeping your upper body unchanged and your back foot on the ground, lift your front foot, place it back down, repeat 3 times, then on the 3rd time deliver a normal throw to home plate. Ensure follow-through.



3.) “Balance” mound throws

Pitcher faces sideways in stretch position but front leg is not extended, instead it is right next to the back foot. The glove is in front of the belly, the ball is in the glove, and throwing hand is in the glove holding onto the ball. Raise your front foot both out (3rd base side for a right-handed pitcher) and up a little (maybe 6 inches). Hold this balanced position, count out loud to 3, then finish and deliver the pitcher.

