

Wrist Snaps



4 seam fastball grip (find the "C"). Loose wrist and snap toward catcher. Left arm is relaxed (thumb to thigh).

T Drill



Arms in "T" position, ball facing out. Catcher should see the ball. Feet stay shoulder width apart. Glove comes down thumb to thigh.

K Drill



Arms in "K" position, ball facing out. Catcher should see the ball. Feet stay shoulder width apart with small step. Glove comes down thumb to thigh. Back toe drags.

Kneeling Arm Circles



Arms outstretched forward, backswing (optional) into full windmill rotation and finish with wrist snap. Can practice with one, two or three circles.

Standing Arm Circles



Arms outstretched forward, feet at 45 degree angle, backswing (optional) into full windmill rotation with forward step. Glove comes down thumb to thigh. Back toe drags.