

# Pitching Drills

## Wrist Flicks

### Equipment:

- Softball
- Glove
- Catcher (or throw into own glove/net)

### Description:

Pitchers should stand sideways with the ball in their throwing hand (c-grip). They should be standing perpendicular to their catcher, with their front foot facing the catcher, and their back foot resting horizontally. While keeping their arm 'glued' to their side, pull the wrist back as far as possible. In one motion, snap the wrist back forward, allowing the ball to roll off the middle finger, into either their own glove, or to the catcher's glove (catcher should be ~1m away). Focus on pointing towards the target as we release the ball.

### Next Steps:

A next step would be to have the arm from the elbow and below, to follow through in a 'snap' motion, up to the chest, while keeping the upper arm glued to the side.

### Purpose:

This drill helps pitchers develop the release of their standard 'fastball'.

## 3 O'Clocks or 'Surfer Dudes'

### Equipment:

- Softball
- Glove
- Catcher (or throw into own glove/net)

### Description:

This drill is an extension of the 'wrist flicks' drill. Pitchers should continue standing perpendicular to the catcher, with their front foot facing the catcher and their back foot resting horizontally. This time, they should hold their arms out so that it is 180 degrees, or parallel with the ground. You can also visualize this as the ball arm at 3 O'Clock, or your arms out like a surfer. Pitchers will lower the ball to their thigh and then perform the wrist flick in one fluid motion. At this point, pitchers should be standing ~2m from their catcher (depending on their strength).

### Notes:

Pitchers should keep their throwing arm from waving away from their body. Keep it as close as possible without hitting their thigh, and don't let it weave away/closer.

**Purpose:**

This drill helps pitchers develop the pitching motion. It is good to revert back to this drill if a pitcher is having difficulty keeping their arm 'in line' with their body when pitching (I call this 'following the line'). You may notice that a pitcher is not keeping their arm in line with their body when they are pitching too far to the left or right.

## **'K' Pitch or 'Ballerina's'**

**Equipment:**

- Softball
- Glove
- Catcher (or throw into own glove/net)

**Description:**

This drill is a continuation of the '3 O'Clock's' drill. Pitchers should now move their throwing arm so that it is above their head, with a slight bend in their elbow, so that the ball is facing forwards. In one fluid motion, pitchers should follow their arm through the 3 O'clock motion and the wrist flick, or as I call it, follow the line and release. At this point, pitchers should be standing ~3-4m from their catcher (adjust based on their strength).

**Notes:**

Pitchers should make sure they are following the line/keeping their arm in line. They should also make sure they are flicking their wrist/snapping as the ball passes their hip/thigh. It is also important to note that while they are setting up in their 'K' position, the ball is not resting behind their head (keep in line with the 'track' they are pitching on).

**Purpose:**

This drill helps pitchers develop the pitching motion. It is good to revert back to this drill if a pitcher is having difficulty keeping their arm 'in line' with their body when pitching (I call this 'following the line'). You may notice that a pitcher is not keeping their arm in line with their body when they are pitching too far to the left or right.

## **The 'Zombie' Pitch**

**Equipment:**

- Softball
- Glove
- Catcher (or throw into own glove/net)

**Description:**

This drill is a continuation of the 'K Pitch'. Pitchers should now move their throwing arm so that it is facing forward towards home plate. In one fluid motion, pitchers should follow their arm through the 'K', 3 O'clock motion, and the wrist flick,. At this point, pitchers should be standing  $\frac{3}{4}$  of the pitching distance.

**Notes:**

Pitchers should make sure they are following the line/keeping their arm in line. They should also make sure they are flicking their wrist/snapping as the ball passes their hip/thigh.

**Purpose:**

This drill helps pitchers develop the pitching motion. It is good to revert back to this drill if a pitcher is having difficulty keeping their arm 'in line' with their body when pitching (I call this 'following the line'). You may notice that a pitcher is not keeping their arm in line with their body when they are pitching too far to the left or right.

## Hockey Puck Wrist Flicks

**Equipment:**

- Hockey puck
- Glove
- Catcher (or throw into own glove/net)

**Description:**

Pitchers should hold the hockey puck vertically in their throwing hand, with the majority of the puck resting on their middle finger. They should be standing perpendicular to their catcher, with their front foot facing the catcher, and their back foot resting horizontally. While keeping their arm 'glued' to their side, pull the wrist back as far as possible. In one motion, snap the wrist back forward, allowing the puck to roll off the middle finger, into either their own glove or to the catcher's glove (catcher should be ~1m away). Focus on pointing towards the target as we release the ball.

**Purpose:**

This drill helps pitchers who are having difficulty rolling the ball off their middle finger (or who are holding the ball in their palm as they throw, which will slow the pitch down).

## Flamingo

**Equipment:**

- Softball
- Glove
- Catcher (or throw into own glove/net)

**Description:**

Pitchers should throw a full, normal pitch. When they have released, instead of dragging their toe and transitioning into a ready position, they should freeze in a 'flamingo' position. This means that they are standing on one foot (glove foot) with their other leg up and crossed behind like a flamingo. They should remain sideways/perpendicular to their catcher, and hold this position until the catcher returns the ball/ten seconds.

**Purpose:**

This drill assesses how balanced pitchers are. It forces them to align their bodies so that they are balanced throughout their pitcher, therefore, more accurate.

## Jump Lunges & Pitch

**Equipment:**

- Softball
- Glove
- Catcher (or throw into own glove/net)

**Description:**

Pitchers should start in a lunge position. Depending on what side they started lunging on, they should complete 3-4 jump lunges, and then rise and pitch from the lunge position.

**Purpose:**

This drill forces pitchers to drive off their leg, therefore, using it to generate power. It also helps develop the habit of loading their weight back, and pushing forward to initiate the pitch.

## Lateral Jumps & Pitch

**Equipment:**

- Softball
- Glove
- Catcher (or throw into own glove/net)

**Description:**

Pitchers should begin by doing 3 lateral jumps, followed by a transition to their full pitch. Upon landing their lateral jump on their drive leg, they should remain standing on that one foot, and begin the pitch from there (on one foot!).

**Purpose:**

This drill forces pitchers to remain balanced throughout their pitch. By starting on one leg, pitchers also work on driving from their legs, instead of muscling it in.

## Overexaggerate Drill

### Equipment:

- Softball
- Glove
- Catcher (or throw into own glove/net)

### Description:

Pitchers will pitch a set number of pitches (i.e., 20 pitches). Every time a pitch is too high, they must throw the next one low, and then can attempt to throw a strike. Same applies for a pitch that is too low, it must be followed by a pitch that is too high, then a strike.

### Purpose:

This drill is designed to help pitchers find their release point. By overexaggerating our corrections, it is easier to then know where NOT to release, making it easier to throw strikes.

## Semi-Pitch

### Equipment:

- Softball
- Glove
- Catcher (or throw into own glove/net)

### Description:

Pitchers should start their normal pitch, but stop once they reach 'k' position. At this point, pitchers should freeze, re-correct their balance/stance, and then proceed to pitch from 'k' position.

### Purpose:

This forces pitchers to reassess their balance mid-pitch, as well as teaches them to self-correct their stance. At this point, they are familiar with what 'k' position looks like, so they should be able to cross reference their skills.

## Pump Your Leg

### Equipment:

- Softball
- Glove
- Catcher (or throw into own glove/net)

### Description:

Pitchers should start standing on their pushing/drive leg. With the leg bent (as if it was resting on a stool), pitchers should pull it back behind them, then forward, in a pumping motion. They should repeat this 3 times, as if gaining momentum, and then still standing on one foot, begin and complete their pitch.

**Purpose:**

This drill forces pitchers to begin their pitch in a balanced position, as well as forcing them to use their legs to generate drive and power.

## **Bucket Drill**

**Equipment:**

- Softball
- Glove
- Bucket/stool
- Catcher (or throw into own glove/net)

**Description:**

This drill is similar to the 'pump your leg' drill, minus the pump. Pitchers should start with their glove hand leg resting on a bucket/stool. They should then drive their leg off the bucket/stool and forward to complete their pitch.

**Purpose:**

This drill focuses on pushing off your back leg, as well as driving that front leg as far forward as possible. Extending your stride gives you the upper hand, as you are that much closer to the batter when you are throwing the pitch.

## **Kneeling Pitch Drill**

**Equipment:**

- Softball
- Glove
- Catcher (or throw into own glove/net)

**Description:**

Players should kneel on the ground, perpendicular to the catcher, with their glove hand leg slightly bent and facing the catcher. From here, they will go through the arm motions 'zombie' to 'wrist flick'.

**Purpose:**

This drill isolates the arm motions of pitching, and will help players who are having difficulties with accuracy.

## Wall Drill

### Equipment:

- Softball
- Glove
- Catcher (or throw into own glove/net)

### Description:

Pitchers should stand facing the wall. Go through the pitching motions of 'zombie' to 'wrist flick' without a ball.

### Purpose:

This helps pitchers keep their arm in 'line' and prevents them from having it too far out from their body.

## Pitching Drills (Video)

1. [https://youtu.be/cEG99mgG\\_K4](https://youtu.be/cEG99mgG_K4)
2. <https://youtu.be/sZxgeMhWG3Y>
3. [https://youtu.be/oMi9vg\\_Ud3w](https://youtu.be/oMi9vg_Ud3w)
4. <https://youtu.be/qJp2KNgBCuA>
5. <https://youtu.be/oEd8-0NVojc>
6. <https://youtu.be/0BwV4dqNfog>
7. <https://youtu.be/WgxF4nC41KE>