

# 30 MINUTE PITCHING WORKOUT



**DYNAMIC WARMUP (5 MINUTES): LIGHT JOG, ARM CIRCLES, BUTTKICKERS, HIGH-KNEE RUNS, CARIOCA**



## WRIST SNAP DRILL (5 MINUTES)

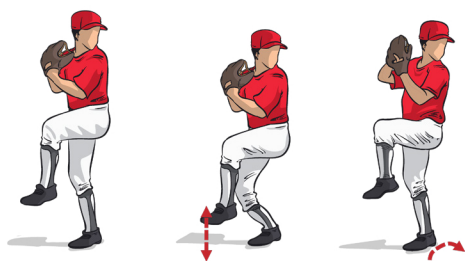
1. Kneel on your throwing side knee, five feet away from your partner or target
2. Form an "L" with your throwing arm, resting your elbow in your glove.
3. Throw the ball just by snapping your wrist.

## ONE KNEE DRILL (5 MINUTES)



1. Kneel down on your throwing side knee, in closed position with hands in center of body.
2. Separate your hands to form the "T" position, extending the glove hand straight forward and throwing hand straight back.
3. Tuck the glove, form an L with the throwing hand and throw the ball.
4. Follow through so throwing arm extends past lead knee. Hold the finish for count of three.

## BALANCE DRILL (5 MINUTES)



1. Get into ready position. Make a rocker step back with the glove side foot.
2. Pivot and bring your lead leg up into an "L" position.
3. Variation 1: Hold for a count of five, focusing on maintaining your balance. Then stride and throw.
4. Variation 2: Hold it there while moving the lead knee up and down for a count of five. Then stride and throw.
5. Variation 3: Hold it there while hopping forward on the back foot for a count of five. Then stride and throw.



## TOWEL DRILL (5 MINUTES)

1. Stand three large strides away from your partner, holding a towel in your throwing hand
2. Partner kneels down, holding a glove or other target in front of his body
3. Go through your complete pitching motion, then extend out and snap the towel into your partner's glove.