

One Knee Drill

Purpose

Works on a pitcher's arm motion and wrist snap.

Drill Setup

The pitcher gets down on one knee about 15-20 feet from home plate. A catcher sets up behind the plate.



How it Works

1. Resting on her throwing leg knee with her stride leg pointed toward the plate, the pitcher winds up and throws the ball to the catcher.

Coaching Tips

- The pitcher's shoulders should not move at the same time that the ball is thrown.
- The pitcher should be pushing back slightly off her lead foot.
- The pitcher should be trying to throw the ball hard.

Roll the Ball Drill

Purpose

Works on developing a pitcher's wrist snap.

Drill Setup

The pitcher stands about 5-8 feet from the catcher. The coach stands next to the pitcher.



How it Works

1. The coach holds the pitcher's throwing arm and the pitcher tosses the ball to the catcher using only the snap of her wrist.

Coaching Tips

- If the pitcher is snapping the ball properly, her fingertips should come up.
- The ball should go straight to the target and not arc.
- Stress to pitchers to relax their body and their arm and to feel the ball in their fingertips. Many will try to swing their body to generate momentum. Don't allow that. This drill is designed to develop the wrist snap and get the pitcher used to feeling the ball roll off her fingertips.

Open Position Drill

Purpose

Emphasizes going from the open position to throwing the ball.

Drill Setup

The pitcher stands about 20 feet from the catcher.

How it Works

1. The pitcher starts in the open position with her glove shoulder high and pointed toward the target and the ball over her head.
2. She goes through her motion bringing the glove in and swinging the ball back and down and then toward the plate.
3. She throws the ball to the catcher.

Coaching Tips

- When running this drill, you can have the pitcher use just her arms on the throw or you can have her drag her back foot up on the follow-through.
- As the pitcher gets better and more used to running this drill, you can also add a little stride step to the beginning to help improve her rhythm.
- Toward the end of the motion, the pitcher (right-handed) should be driving the right leg into the left leg as fast as possible – this helps prevent leaning and getting off balance.



Push Off Drill

Purpose

Develops the pitcher's push off.

Drill Setup

The pitcher stands on the rubber without a ball or glove.



How it Works

1. The pitcher does a rocking motion.
2. She then pushes off so that she surges forward while she drags her toes on her push off foot.

Coaching Tips

- When the pitcher lands, the toes on her front or stride foot should be at a 45 degree angle to the plate.
- Once the pitcher gets used to pushing off, she can go through her entire motion. She still would not have a ball or glove.
- When including the arms and going through the full motion, the arms should go back and then be moving forward as the pitcher pushes off the rubber.

Balance Drill

Purpose

Teaches pitchers balance and to get their weight back.

Drill Setup

The pitcher stands on the rubber with a ball and glove. There is a catcher behind the plate.



How it Works

1. The pitcher (right-handed) stands on her right or push off leg for 3 seconds.
2. She brings her throwing arm back, strides forward and throws.
3. She should be imagining a bucket in front of her and trying to step over it as she strides forward.

Coaching Tips

- The pitcher should be showing the bottom of her cleat to the catcher when she strides forward.
- It's important that the pitcher lands in a balanced position. She should not be leaning forward.
- Don't let the pitcher forget about driving the back leg up to the front leg as fast as possible on the follow-through. This will help keep her pitches low.