

Wrist Snap Drill

Purpose

Strengthens pitchers' wrists and helps them get the proper spin on the ball.

Drill Setup

Two players stand about 6 to 8 feet apart.



How it Works

1. Pitchers get into open position.
2. They hold their glove against their throwing elbow and wrist snap the ball to their partner who catches it and wrist snaps it back.

Coaching Tips

- For additional strength development you could have your pitchers use a weighted ball, such as a 9 to 12-ounce ball.
- A good length to run this drill would be for three minutes or 15 to 25 repetitions.

Forearm Snap Drill

Purpose

Pitchers work on spin and staying on their line.

Drill Setup

Two players stand about 6 to 8 feet apart.

How it Works

1. Pitchers get into open position.
2. With their arms by their side they snap the forearm forward to throw the ball to their partner.
3. The throwing hand comes up to their shoulder.

Coaching Tips

- The player's shoulders and hips need to be aligned with the target on each throw.
- There should be no weight shift taking place. The only movement should be from the elbow to the fingers.
- This drill should be run for 2-3 minutes or 25 repetitions.



Wrist Snap Drill With Weight Shift

Purpose

Strengthens pitchers' wrists and adds a weight shift to the follow-through.



Drill Setup

Two players stand about 10-15 feet apart.

How it Works

1. Pitchers get into open position.
2. Their shoulders should be in a straight line to their target.
3. They wrist snap the ball to their partner and shift their weight forward on the follow-through.

Coaching Tips

- Players should be starting in “open” position and finishing in “closed” position.
- The drill should be run at half or three-quarters speed until the pitcher has mastered the mechanics.
- The pitcher’s shoulders should be aligned with the target and level - one way to ensure they are level is to bring the glove to shoulder height before throwing.
- Stress “glove up, ball up.”
- Run the drill for 2-3 minutes or 25-30 repetitions.

“L” Drill Kneeling

Purpose

Develops a whipping motion for maximum velocity on pitches.



Drill Setup

Two players set up about 10 feet apart.

How it Works

1. Pitchers are down on one knee. They have their glove-side leg forward and are in an “L” position.
2. To start, they put their throwing hand with the ball above their head and their glove is straight in front of them pointed at the target.
3. They whip their arm down and throw to their partner.

Coaching Tips

- At release, the fingertips should be the fastest moving part of the body.
- Run the drill for 3-5 minutes or 25-35 repetitions.

“L” Drill Standing

Purpose

Develops a whipping motion for maximum velocity on pitches.

Drill Setup

Two players set up about 10 feet apart.

How it Works

1. Pitchers stand in this version of the “L” Drill.
2. To start, they put their throwing hand with the ball above their head and their glove is straight in front of them pointed at the target.
3. They whip their arm down and throw to their partner. As they throw they shift their weight toward the target.

Coaching Tips

- The pitchers should be “flowing” toward their target by shifting their weight forward.
- They should start with their legs shoulder-width apart and then take a small stride forward while driving off the back leg.
- The keys in this drill to watch are alignment and mechanics.
- Run the drill for 3-5 minutes or 25-35 repetitions.



5-Minute Warm-Up Drill

Purpose

Makes sure the pitcher's entire body is warmed up.



Drill Setup

Two players stand about 10 to 15 feet apart to start. They should end up 20 to 50 feet apart.

How it Works

1. The pitchers throw the ball back and forth to each other for five minutes.

Coaching Tips

- The pitchers should be using their entire pitching motion. Make sure they are being mechanically sound.
- They should start close together and then get farther apart as they get loose.

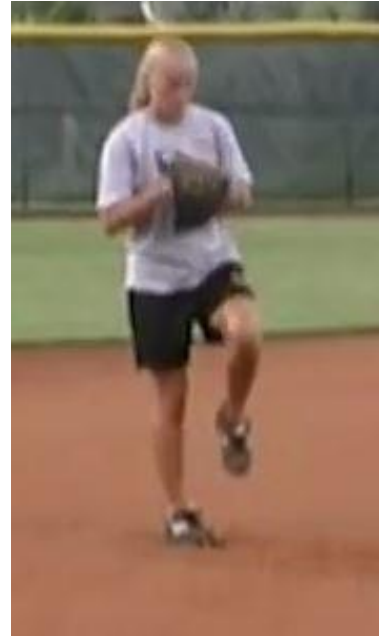
Flamingo Drill

Purpose

Works on a powerful push-off and on driving toward the target.

Drill Setup

Two players stand about 15 to 20 feet apart.



How it Works

1. The pitcher stands on her non-glove side foot.
2. She puts her stride foot into the air and brings it forward, then back, then forward again to create a rocking motion.
3. She strides forward and throws the ball to her partner.
4. The pitchers throw the ball back and forth in this manner.

Coaching Tips

- The average pitcher should have a stride of 6 to 6.5 feet. Shorter pitchers (under 5.5 feet) may have a 5 to 6 foot stride.
- Pitches should be focused on getting a strong push-off to increase velocity.
- The pitcher's stride, shoulders and release point should all be along the power line.
- Run the drill for 3-5 minutes or 25 repetitions.

Stride With Cone Drill

Purpose

Focuses on leg drive and getting out through the target.

Drill Setup

Two pitchers line up across from each other. They are about 20-30 feet apart. A cone is placed in front of each pitcher, it is 6 to 6.5 feet from their starting point.



How it Works

1. The pitchers take turns striding forward and throwing the ball to each other.
2. The pitchers strive to stride up and over the cone on each throw.

Coaching Tips

- Remember, for shorter pitchers (under 5.5 feet) the cone may need to be placed at a distance between 5 and 6 feet.
- Watch the plant foot, it should be at a 45 degree angle when it hits the ground.
- Variations would include increasing the distance and using taller cones.
- You could also use flat circular cones for added safety.
- Be sure to stress that pitchers should always remain on their power line throughout their throwing motion.
- Run the drill for 3-5 minutes or 25 repetitions.

Add-On Drill

Purpose

Increases arm strength and accuracy.

Drill Setup

The pitcher stands on the rubber. A catcher sets up behind home plate.



How it Works

1. The pitcher throws two pitches from the rubber. If both make it over the plate to the catcher, she takes two steps back and throws two pitches from that location.
2. The pitcher continues backing up until she reaches a point where she struggles to get the ball to the catcher.
3. Once the pitcher reaches her maximum distance, she stops there and does 25 to 50 repetitions.

Coaching Tips

- Remind pitchers to stay on their power line, focus on their mechanics and work on their spin.
- The goal should be for the ball to come in on a 12-6 rotation.
- One way for the pitcher to better see spin is to put a piece of colored tape around the ball.

Inning Spot Work Drill

Purpose

Simulates the pitching of a full inning.

Drill Setup

The pitcher stands on the rubber. A catcher sets up behind home plate.



How it Works

1. The pitcher throws 21 pitches to specific spots.
2. The spots are low and outside (1), low and inside (2), up and away (3), up and in (4) and over the plate knee-high (5). The spots are based on a right-handed hitter.
3. The pitcher rotates through the spots so she is pitching to each spot at least four times per inning.

Coaching Tips

- This drill can be run throwing only fastballs or the pitcher can use a variety of pitches.
- The catcher can call various spot combinations – for example 1-4-2-3-5.
- The drill should be performed for a minimum of three innings and up to a maximum of seven innings.

Long Toss Drill

Purpose

Improves a pitcher's strength and conditioning.

Drill Setup

The pitcher starts at the pitching rubber. A catcher sets up behind home plate.

How it Works

1. The pitcher throws 10 pitches from the rubber.
2. She moves back to approximately 60 feet from home plate and throws another 10 pitches.
3. She then moves back to 80 feet and throws 5 to 10 pitches.
4. The drill continues out as far as the pitcher is able to go and still reach the target.
5. After the distance is maxed out, the pitcher comes back in and throws 10 quality pitches from the rubber to finish off the drill.

Coaching Tips

- The goal in this drill is for the pitcher to get the ball to the target (catcher) – even if she has to throw an arcing rainbow.
- Once the pitcher gets to 100 feet and beyond it is recommended that she throw only 2 to 3 pitches at each of those distances .



Rapid Throw Drill

Purpose

Improves a pitcher's strength and conditioning.

Drill Setup

The pitcher stands at the rubber. A catcher sets up behind home plate.



How it Works

1. The pitcher tries to throw as many pitches as she can in 60 seconds.

Coaching Tips

- The pitcher should be aiming to throw one pitch every 3 to 4 seconds. She should throw immediately upon receiving the ball from the catcher. The catcher should be rushing the ball back to the pitcher.
- It's important for the pitcher to maintain her mechanics as she gets fatigued. You should keep a watch on this closely and take note of what mechanics tend to falter when she gets tired.
- The pitcher should complete 3 sets of 60 seconds each in this drill.