

Half Swing with Weighted Ball



Start a half distance



Swing back to 11 o'clock

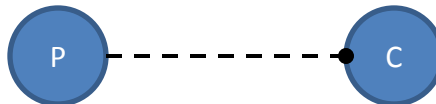


Release



Follow Through

RUBBER



*3 sets of 5-10 pitches
from 15-20 feet*

Purpose

Pitchers develop forearm and wrist strength. They also improve timing of lower body and upper body.

Instructions

1. Pitcher makes a half-swing, bringing the pitching arm to 11 o'clock (without the full windup)
2. Pitcher releases the ball and follows through
3. Catcher receives the pitch and throws the ball back .
4. Complete 3 sets of 5-10 pitches

Setup

Pitchers stand about halfway from normal pitching distance (15-20 feet) holding a weighted ball. Catcher is standing up.

Coaching Tips

- The weighted ball can be purchased from a sporting goods store. Or you can make your own by driving finishing nails into a softball.
- Look for good motion fundamentals, front leg up, arms even in the air, good plant, arm whips through. Pitcher should have a nice, short snap of the wrist and a good toe drag.
- Using a weighted ball is key as it will help the player strengthen their forearm, wrist and fingers which can lead to an increase in velocity.
- Pitchers should be pivoting on back toe to open hips – failure to open hips properly can decrease velocity.
- Pitcher should be throwing at 70-75%.

Full Swing With Weighted Ball



Start a half distance



Full windup

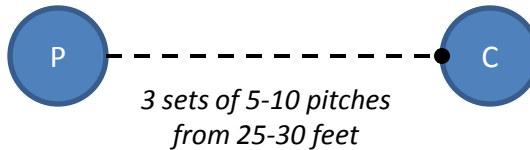


Release



Follow Through

RUBBER



Purpose

Pitchers develop forearm and wrist strength. They also improve timing of lower body and upper body.

Instructions

1. Pitchers now take their full pitching wind-up and throw the weighted ball to the catcher.
2. Catcher throws the ball back and pitcher repeats the motion.
3. Complete 3 sets of 5-10 pitches

Setup

Pitchers stand at three-quarters of regular pitching distance (25-30 feet) holding a weighted ball. Catcher is standing up.

Coaching Tips

- The weighted ball can be purchased from a sporting goods store. Or you can make your own by driving finishing nails into a softball.
- Watch pitcher's mechanics – good pivot, back leg up, good stride with front foot and good drag of back foot.
- Pitcher should be trying to keep the ball between the catcher's waistline and chest area.
- Also, pay attention to the rotation on the ball – the more rotation the better.
- Pitcher should be throwing at 70-75%.

Walk Through Drill



Start behind the mound



Step into back swing



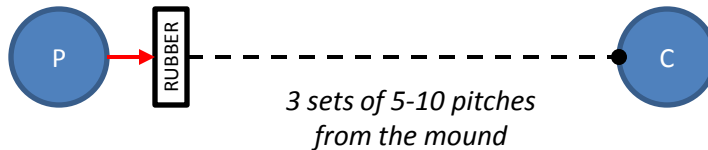
Windup



Release and follow through



Stepping over the cone



Purpose

Pitchers work on both mechanics and developing strength

Setup

Pitcher at regular pitching distance (35-40 feet) holding a weighted ball. Catcher is in stance or sitting on bucket.

Instructions

1. Pitcher starts behind the rubber and walks through the drill, meaning she takes a step forward toward the catcher onto the rubber and then goes through her pitching motion.
2. Pitcher throws the weighted ball to the catcher aiming for the chest area.
3. Complete 10 -15 pitches using the weighted ball
4. Next, pitcher switches to a regular ball and throws 10-15 pitches
5. Next, place a cone at the tip of the pitcher's drag so she is forced to get her leg up early. You can also place the cone out farther if you want the pitcher to work on lengthening her stride.

Coaching Tips

- The weighted ball can be purchased from a sporting goods store. Or you can make your own by driving finishing nails into a softball.
- Pitcher should be throwing at 70-75%.
- Look for a loose arm, good timing between upper and lower body, getting front side down, good, short wrist snap at the bottom of the pitching motion and good kick with the back side.
- To ensure hips are opening properly draw line from rubber toward center of home plate and then make sure pitcher's lead foot is landing at a 45 degree angle to that line.
- When using cone at drag spot make sure pitcher doesn't use a crow hop to get over it.
- If trying to lengthen the stride make sure to stress to pitcher to bring her back leg through.

Walk Through From Distance Drill



Start



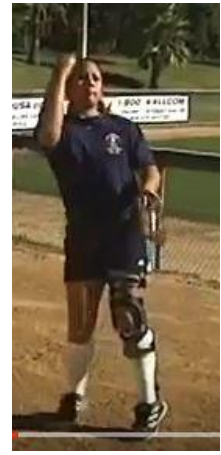
Step forward
into backswing



Full windup



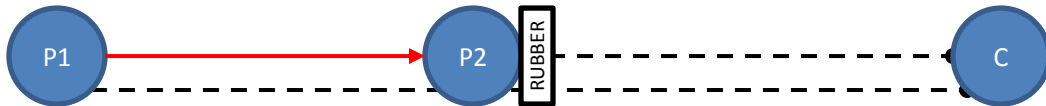
Release



Follow through

5-10 pitches from 70-80 feet

5-10 pitches from the mound



Purpose

Helps pitchers develop arm and leg strength for greater velocity on pitches.

Instructions

1. Pitcher walks through the drill, meaning she takes a step forward toward the catcher and then goes through her pitching motion.
2. Pitcher throws the ball to the catcher.
3. Pitcher throws five to ten pitches and then walks in to the mound (35-40 feet) and throws five to ten fastballs from the pitching rubber.
4. Pitcher should start on the rubber and go through normal pitching motion when on the mound.

Setup

Pitcher stands roughly double the regular pitching distance away from the Catcher (70-80 feet)

Coaching Tips

- Make sure pitcher's weight isn't falling backward on her throws, particularly after she moves onto the mound after throwing from distance.
- You can use this drill as a follow-up to the Pops Drill having the pitcher go into her walk-through from the last or max distance reached in the Pops Drill.

Sideways Drive Drill



Shift weight back. Lift front knee up



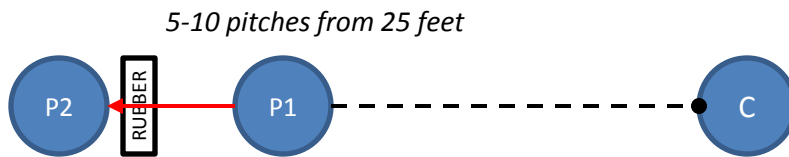
Drive hard off back foot toward catcher



Release



Follow through



10-20 pitches from the mound

Purpose

Pitchers work on getting their back side driving, their front leg up and getting a long stride.

Instructions

1. Pitcher stands with hips open.
2. She shifts weight onto her back leg and brings her front knee up into the air.
3. She then drives toward her catcher and throws the ball.
4. Complete 10-15 pitches from this distance
5. Pitcher then moves back to the mound and throws 10-20 more pitches.

Setup

Pitcher stands at three-quarters of regular pitching distance (25-30 feet). Catcher is in stance or sitting on a bucket.

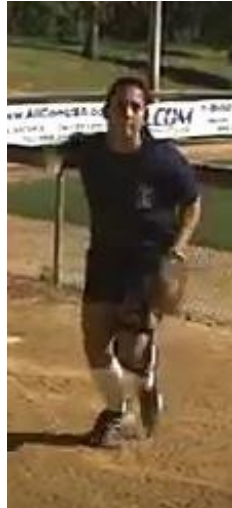
Coaching Tips

- You could also set a cone in front of the pitcher to remind her to get her leg up.
- On the mound, the pitcher should be using the rubber to get a good push toward home.
- Upper body should be coming forward on the throw.

Long Distance Drive



Shift weight back. Lift front knee up



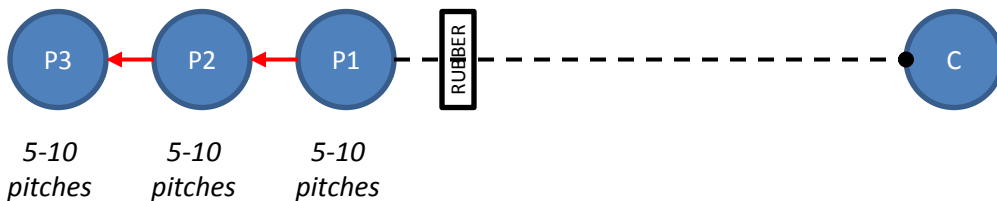
Drive hard off back foot toward catcher



Release



Follow through



Purpose

Pitchers practice taking a good long stride toward home.

Setup

Pitcher stands four or five big steps behind the pitching rubber. (45-50 feet) Catcher is behind home plate.

Instructions

1. Pitcher stands with hips open.
2. She shifts weight onto her back leg and brings her front knee up into the air.
3. She then drives toward her catcher and throws the ball.
4. Throw 5-10 pitches from this distance
5. Take three big steps back
6. Throw 5-10 pitches from this distance
7. Take three big steps back
8. Throw 5-10 pitches from this distance

Coaching Tips

- Goal of this drill is to get the pitcher's legs moving as much as possible – the farther back she goes the more she has to drive her legs forward to reach the target so make sure the pitcher is really using her legs and generating power from them.
- The pitcher should be trying to throw the ball on a straight line – no arc. If you see the pitcher throwing with arc you may need to shorten the distance.
- Young players can start in front of the mound and work back to the rubber.

Knee Up Drill



Start with stride
knee up



Stride forward, full
windup and pitch

Purpose

Pitchers work from the knee up position on driving and pivoting. Also, helps develop good balance.

Instructions

1. Pitcher raises her stride knee up and holds it there for a second before going through the rest of her motion and throwing to home.
2. From the knee up position she drives toward home and throws the ball.
3. Complete 3 sets of 10-15 pitches

Setup

Pitcher stands on the mound (35-40 feet away) with a ball. Catcher is behind home plate.

Coaching Tips

- This drill can be run only from the mound, from in front of the mound or from distance. It can even be run by pushing off second base.
- Choose where you run the drill from based on your pitcher's age and ability.
- Make sure pitcher is staying in good balance in the knee up position. Having good balance is one of the keys to consistently being able to throw strikes.

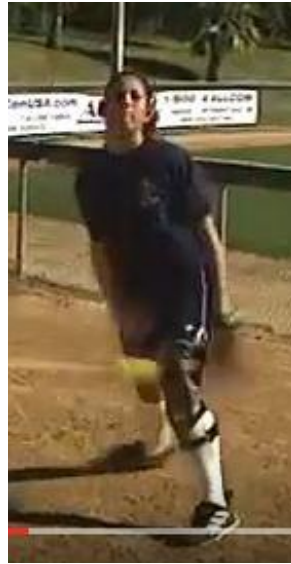
Pops Drill



Start



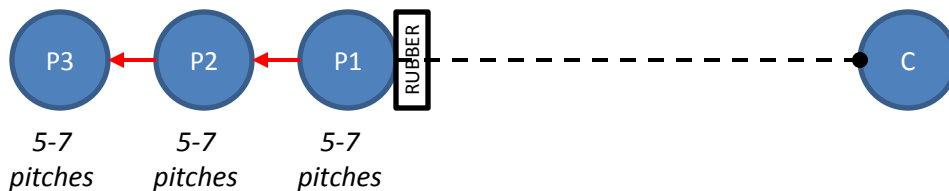
Full windup
with no stride



Release



Follow through



Purpose

Helps pitchers develop power by removing the stride

Instructions

1. Pitcher winds up and throws the ball to home without taking a step with her front leg.
2. Pitcher throws 5-7 pitches from that spot and then moves back.
3. Continue moving back until pitcher hits the limit of her range.
4. Throw 5 to 7 pitches at each spot.

Setup

Pitcher stands on the mound (35-40 feet away) or just behind it to start. Catcher is behind home plate.

Coaching Tips

- As the distance increases the pitcher can drag her back foot but she should not be stepping forward with her front foot.
- Pitcher needs to shift her weight front to back to front, use the bending of her knees and really push off the back foot to generate power on her throw in this drill.
- This drill could be run all the way into centerfield depending on the age and ability of the pitcher.
- It's ok in this drill for the ball to have more of an arc on it as the pitcher gets farther away from the target.

Arm Speed Drill



Start behind the mound



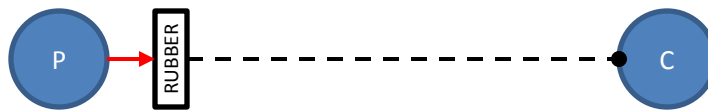
Step forward into back swing



Windup



Release and follow through



Alternate between regular ball (100% power) and weighted ball (75% power)

Purpose

Helps pitchers develop power and velocity

Instructions

1. Pitcher alternates throwing a regular softball and a weighted ball. She can alternate every pitch or throw two regular balls, then two weighted balls, etc.
2. Pitcher walks through the delivery to home meaning she starts behind the rubber and takes a step forward onto it to begin her motion.
3. Complete 10-15 pitches with each ball

Setup

Pitcher stands on the mound (35-40 feet away). A coach or player stands beside the pitcher to feed her the balls. Catcher is behind home plate.

Coaching Tips

- The weighted ball should be thrown at 75% power
- The regular ball should be thrown at 100% power

Rapid Fire Drill



Pitcher throws pitches one right after the other in this fast-paced drill.

Purpose

Pitcher works on arm speed and arm conditioning.

Instructions

1. Pitcher walks through her delivery and throws the ball to the catcher.
2. Catcher drops the ball to the ground.
3. Coach or player feeds the pitcher a new ball and pitcher throws it to the catcher.
4. Drill continues until the bucket of balls is empty (20-25 pitches)
5. Pitcher should be getting the next ball and throwing quickly.

Setup

Pitcher stands on the mound (35-40 feet away). A coach or player stands nearby with a bucket of 20 to 25 softballs. Catcher is behind home plate.

Coaching Tips

- Object of this drill is to go through it as fast as possible to fatigue the pitcher. If one bucket of balls doesn't do the trick you can use another bucket or two.
- Make sure pitcher is using her proper motion on each pitch – you don't want her to go so fast that she develops bad habits in her motion.
- This is a good drill for pitchers who think too much on the mound, it forces them to be quick and make physical adjustments on the fly.

3 Minute Drill



Pitcher throws as many pitches as she can in three one-minute intervals in this drill.

Purpose

Pitcher develops arm speed and endurance.

Instructions

1. Just as in the Bucket Drill, the pitcher quickly throws balls to the catcher in this drill.
2. However, instead of having the pitcher throw a certain amount of balls, this drill is based on time.
3. The pitcher throws for one minute, rests one minute, throws for one minute, rests for another minute and throws for one more minute (that's 3 minutes total devoted to throwing, hence, the drill name).
4. Just as in the Bucket Drill, pitcher walks through her delivery and throws the ball to the catcher.
5. Coach or player feeds the pitcher a new ball and pitcher throws it to the catcher.
6. Pitcher should be getting the next ball and throwing at a fast pace.

Setup

Pitcher stands on the mound (35-40 feet away). A coach or player stands nearby with a bucket of 20 to 25 softballs. Catcher is behind home plate.

Coaching Tips

- Pitcher should be trying to throw as many pitches as she can in one minute. She should also be throwing as hard as she can.
- Make sure pitcher is using her proper motion on each pitch – you don't want her to go so fast that she develops bad habits in her motion.
- This is a good drill for pitchers who think too much on the mound, it forces them to be quick and make physical adjustments without spending a lot of time thinking.
- For pitchers with great stamina you can extend the throwing time to 1 minute 15 seconds or even 1 minute 30 seconds.