



Balanced Stationary Drill

Stage #3 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

Equipment Required: Balls and gloves

Goal: Maintain balance and stability while throwing to target without using upper body

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Players start with glove shoulder pointed towards partner in the same landing spot as when pitching off of a mound, throwing side foot is anchored behind as if it was on the rubber
- Players should be in athletic positions on the balls of their feet before throwing
- Receiving partner should have glove as a target in front of their chest
- Before throwing, players should come to a set position
- Without rotating the upper body, players throw to the target focusing on the extension and getting core engaged in throw
- The back foot should stay planted and balanced
- Players throw back and forth to each other until they have each had 10 repetitions

Layout of Drill:

