



Balanced Stationary Drill with Upper Body

Stage #4 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: Rotate upper body, maintain balance and stability while throwing to the target

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 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 and then rotate the upper body to gain momentum into the throw
- Players throw to the target focusing on the extension and getting core engaged in throw
- The back foot should be brought up to follow through for hip rotation
- Players throw back and forth to each other until they have each had 10 repetitions

Layout of Drill:

