



Change-Up Catch

Skill Set: Pitching

Difficulty Level: Easy

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

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Keep arm speed same as it would be for fastball, and keep good mechanics

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full pitching motion to throw a change-up
- Throwing partner focuses on keeping arm speed the same as it would be for a fastball, mechanics should stay the same (grip for change-up depends on the pitcher)
- If partners are both pitchers, switch after 10 throws

Add Difficulty:

- To add difficulty, the receiving partner can move back 5 feet after every 5 throws
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Layout of Drill:

