



## Daily Band Work

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**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:** 10 minutes

**Equipment Required:** exercise band, pole or fence

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**Goal: Prepare arm for pitching by doing a band workout to stretch and strengthen**

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### Description of the Drill:

- Player ties exercise band around a pole at hip height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
  - Internal Rotation (Throwing shoulder pointed at pole, player facing forward)
    - Throwing elbow starts on hip, arm at right angle parallel to ground, glove hand under throwing armpit
    - Maintain level shoulders and rotate arm towards glove hip, stretching band
  - External Rotation (Glove shoulder pointed at pole, player facing forward)
    - Throwing elbow starts on hip, arm is across stomach towards the pole, glove hand outside of the back of the throwing elbow
    - Maintain level shoulders and rotate arm towards throwing hip, stretching band
- Player ties exercise band around a pole at shoulder height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
  - Elevated Internal Rotation (Throwing shoulder pointed at pole, player facing forward)
    - Throwing elbow starts parallel to ground at shoulder level, hand up, glove hand under throwing elbow to stabilize
    - Maintain level shoulders and rotate arm towards glove elbow, stretching band
  - Elevated External Rotation (Glove shoulder pointed at pole, player facing forward)
    - Throwing elbow starts parallel to ground at shoulder level, hand over glove elbow, glove hand under throwing elbow to stabilize
    - Maintain level shoulders and rotate arm up to a 90 degree angle, stretching band
- Player ties exercise band around a pole at waist height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
  - Reverse Throwing Motion (Glove shoulder pointed at pole, player facing pole with glove foot out in front)
    - Throwing hand starts in the follow through position of a pitch
    - Player goes through a reverse pitch, makes a complete arm circle
  - Forward Throwing Motion (Glove shoulder pointed at pole, player facing forward)
    - Player goes through normal pitching mechanics, extending out in front and making a complete arm circle with loose and relaxed arm action