



Daily Flat Ground Work

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners (all pitchers)

Average Time to Complete: 5 minutes

Equipment Required: Gloves and balls

Goal: Prepare arm for pitching by going through a proper warm up routine

Description of the Drill:

- **This progression is to be done after the “Interval Throwing” program**
- Players in partners spread out along the right or left field foul line, 45 to 55 feet from partners
- Partners go through the following flat ground work together:
 - Strikes
 - Players should throw strikes to each other
 - Each partner should throw 10 strikes, and then switch
- The focus should be on the feel of pitches, the command of the fastball side to side, and the location of pitches

Add Difficulty:

- To add a degree of difficulty, when players are throwing strikes, have them hit the following spots:
 - 5 Spots
 - Players should throw a pitch to each of the 5 spots (up and in, up and out, down and in, down and middle off-speed, and down and away) calling out which one they are throwing to before they pitch
 - If the player misses a spot, they must attempt to hit the spot with the next pitch
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Layout of Drill:

