



One Knee Drill

Stage #1 of Pitching Delivery

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: 1-2 minutes

Equipment Required: Balls and gloves

Goal: Focus on core and glove side strength, extension over front knee, direction to target

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field on their throwing side knee, with glove side knee up and bent at a 90 degree angle
- Players should give their partners throwing targets by holding their gloves in front of their chests
- Players pick up the target and come to a set position before throwing
- When throwing, players focus on extension toward the target and release out front, torso should get over front knee with chin and eyes towards target
- Players should throw back and forth until each player has had 10 repetitions

Layout of Drill:

