Working in Set Position

Stage #5 of Pitching Delivery



Skill Set: Pitching

Difficulty Level: Medium

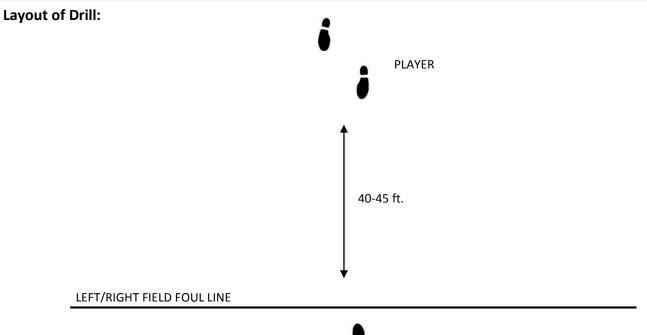
Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes
Equipment Required: Balls and gloves

Goal: Keep weight engaged on backside to maintain proper drive and hip rotation

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40-45 feet away in left/right field
- Players start in a comfortable set position, weight distributed 60% on drive leg, hips should be shifted back on drive side leg
- Player should pick up target, lift front leg in a pitching delivery motion, and throw to the target
- Player should have proper weight distribution so that hip rotation is engaged on release of the pitch
- Players throw back and forth until each player has had 10 repetitions





PLAYER

