



# 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

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

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## 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

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## Layout of Drill:

