

BASEBALL POSITIVE

ON-LOCATION INSTRUCTION FOR LEAGUES, TEAMS AND INDIVIDUALS GAMES CAMPS - INSTRUCTIONAL LEAGUES - YOUTH COACH

Exercises and Drills for Pitching

Do these exercises in sets of 10. For a given workout, I suggest you choose 4-5 exercises. Create a routine that addresses your areas of need. Mix up the routine from time to time for variety. Generally a workout can be completed in less than 6 minutes. It doesn't seem like much, and it isn't, but investing these few minutes per day (or 3-4 days per week) will greatly impact muscle memory and will carry over to success when pitching.

I am confident that the pitching action can be trained, developed and mastered by simply repeating the mechanical movements of the pitching motion (without the use of gadgets and props). The exercises below focus on the three core aspects of the delivery: Lower Half, Lead Side and Throwing Arm/Hand. The lower half and lead side generate power, which is transferred to, and accelerates the throwing arm/hand. If you have any questions about the exercises below, call me or email. - Mark

Pitching Exercises/Drills

- **Lower Half:** Leg lift & stride to balance (power position).....Perpendicular to a mirror
 - Maintain body control and balance throughout the movement; finish with torso centered between feet
 - This can be done from the stretch/set position or with a full wind-up
- **Lead Side:** 'Pull' w/Resistance* ----- start in power position with hips rotated to target; front shoulder pointing at target
 - Coach places hand behind elbow and provides light resistance
 - Player pulls elbow down and back until glove reaches side of torso
 - Torso rotates and throwing arm comes forward to release point as elbow pulls back
 - Head and shoulders stay tall and still during exercise
- **Lower Half / Lead Side:** Turn and Pull (from power position).....Turn toward mirror
 - The throwing arm moves through space in relationship with the turning of the torso
 - Movement is complete when hips are facing target, glove reaches side of torso, throwing arm/hand reaches release point
- **Throwing Hand:** Release Point – Resistance*
 - Throwing arm remains extended throughout the exercise; pull down to opposite knee
 - Head and shoulders stay tall and still during exercise
- **Throwing Hand:** Teeter-totter
 - Starting at 'release point' as described in last bullet point in **Lower Half / Lead Side** above
 - Rear leg/foot goes up as throwing arm pulls down; move slowly and in a controlled manner
 - Begin by only teetering ~12"; progress further as you improve your strength, balance & body control
- **Throwing Hand:** Finish*Facing mirror
 - Start at 'release point' as described in last bullet point in **Lower Half / Lead Side** above
 - Snap wrist and pull down to a point outside opposite knee – replicate the final phase of the actual throwing motion moving arm at top speed
 - Allow rear leg to come up (teeter-totter). If the rear leg continues through and past the lead leg, that is fine. Allow the rear leg and body to follow the momentum of created by the arm finishing the throwing action ----- in a manner that is natural and comfortable for the individual.
 - Chest finishes over the front knee facing the ground
 - Keep head/eyes up, centered and on the target throughout the action
- **90-45:** Exercise to train shoulder muscles to consistently get elbows up to a 'Power Position'.....Facing mirror
 - Find a couple of items that are approx 2-3 lbs and hold in each hand
 - Arms in a 'goal post' position with the elbows even with the height of the shoulders; raise elbows up to 45 degrees and back down to 90 degrees -10 reps.
 - Elbows level to shoulder height, 90 degree bend in elbows with forearms/hands parallel to the ground. Lower elbows/forearms down to 45 degrees, then raise them back up to 90 degrees – 10 reps

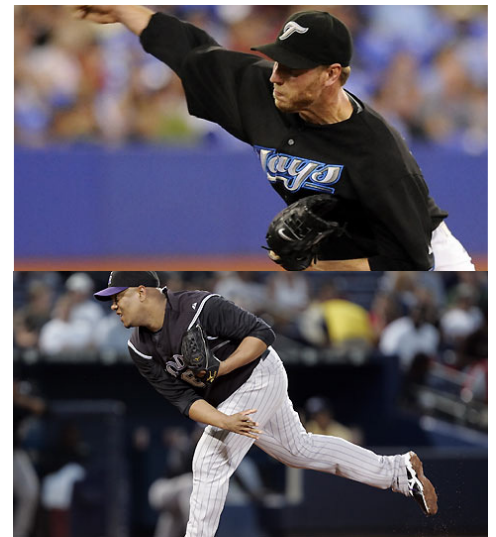
* Begin with hips rotated towards target; glove foot ahead of throwing arm foot; approx. two foot lengths between feet



Stride



Power Position



Release Point / Finish