THE PITCHER PAUSE AND BALANCE DRILL

Purpose:
Improving stability and balance along with strengthening the push-off leg.

Drill Setup:
- Adequate space to move freely
- A baseball
- A glove
- 1 additional person optional

How it Works:
To begin, a pitcher will go through his full wind-up without the baseball. When they get to the balance position, the pitcher will stop, hold, turn their head and wait for the person to hand them the baseball. The person should vary how quickly they hand the pitcher the baseball from three- to five- seconds. Once the pitcher has received the ball from their coach in the balance position, they will turn their head again and throw to their target emphasizing a good follow-through. If you are doing this drill alone, start the drill with the baseball in hand and throw the baseball after a three to five second pause. Make sure the front knee stays high while you’re balancing, and the back leg stays as sturdy as possible.
**ONE KNEE DRILL**

**Purpose:**
Isolate the lower body to focus on developing proper arm action.

**Drill Setup:**
- Adequate outdoor space to throw
- A baseball
- Glove
- Knee cushion (optional)

**How it Works:**
Start out 45-55 feet away from your throwing partner or target. Next, kneel on the ground with your posting leg down (For right handers, it will be their right knee down and left knee down for left handers). In this position, point your shoulders at your target and wind up the throw moving your arm in a circular motion in front of your body. Pause at this point to make sure the throwing arm angle is just wider than 90° and the baseball is facing away from the target. Then, throw the baseball to the person or target. Pause at the end as well to check the follow through ensuring the elbow is past the lead knee. Reset your kneeling position and repeat this process for 20-30 throws.
DRILLS

HALF CIRCLE DRILL

Purpose:
To teach pitchers to keep their arm in front of their body to prevent shoulder injuries.

Drill Setup:
- Adequate space to move freely
- A softball
- A glove
- 1 additional person or a wall to throw against

How it Works:
To start the drill, the pitcher will begin with their arm up in the air at the 12 o’clock position (straight up). The softball should be towards the front of their head. Make sure your arm is not locked, elbow is bent, and wrist is cocked. The pitcher then will drop their arm, so the elbow goes into their waist, and executes a wrist snap sending the ball to the target. Complete 3 sets of 10-15 wrist snaps.

When the softball is above their head, the pitcher should be able to look up with their eyes (without moving their head) and see it. A way to remind pitchers to keep their arm unlocked is tell them a whip produces more speed than a stick. Also, If the pitcher is bringing the ball back too far when it’s over their head, you can put a hand on the pitcher’s shoulder, so they are forced to keep the ball in front of their body.
LONG DISTANCE DRIVE DRILL

Purpose:
To increase the pitcher’s stride length towards home plate and to generate pitching speed using leg strength.

How it Works:
The goal of this drill is to get the pitcher’s legs moving as much as possible – the farther back they go the more they have to drive their legs forward to reach the target. So, make sure you are really using your legs and generating power from them. To start, the pitcher will stand with their hips open. Then, you will shift weight onto your back leg and bring your front knee up into the air. Then, you will drive toward your target and throw the ball. At this distance, throw 5-10 pitches. Then, take three big steps back and throw 5-10 more pitches. Afterwards, take three more big steps back and throw 5-10 more pitches. You should be trying to throw the ball on a straight line – no arc. If you notice you’re throwing with arc you may need to shorten the distance. Young players can start in front of the mound and work back to the rubber.

Drill Setup:
- Adequate space to move freely
- A softball
- A glove
- 1 additional person or a wall to throw against