

Basic Pitching Drills

Pitching drills are important to break down your pitching motion and work on the correct pitching mechanics. The positioning of your body during each drill is the same as it should be during a live pitch. Below are 6 basic drills that you can perform before every pitching workout.

(1) T drill from knee - kneel on your pitching arm knee with your opposite leg directly out in front of you. Make sure your glove foot is at a 45 degree angle and not pointing right at your catcher. Point your glove at the catcher and the ball behind you forming a "T." Move both arms down together, releasing the ball at your hip.



(2) K drill from knee - everything is the same as the T drill, just move your arms up higher so that you are in a "K" position.



(3) K drill standing - stand up and perform the K drill, this time adding a step with your glove foot.

(4) Full circle drill no feet

- from an open standing position (facing 3rd base), start with both arms at the bottom of your circle. Go through your entire pitching motion without using your feet.

(5) Full circle drill add step - now progress and add a step with your full circle motion.

(6) Full motion - starting at 30ft and facing your catcher, go through your full pitching motion.

When pitching, it is important to stay on your line throughout your entire motion; your arm circle, your step and your follow through. The ball should be released at your hip.



Pitching Workout

Knee Drills: performed 10-15 feet from catcher

T drill – 20 reps

K drill – 15 reps

Standing Drills: performed 20-30 feet from catcher

K drill – 10 reps

Full circle/no feet – 15 reps

Full circle/add step – 10 reps

Full motion - Start at approx. 30 feet, move back one step after about 5 good reps. Continue moving back until you reach the mound.

Once all of the above drills are completed, begin pitching full motion and full speed from the mound. It is helpful to draw a line (about 5ft long) from the center of your mound towards your catcher. Check to see if you are staying on your line while pitching

As shown in the pictures above, your mechanics should stay the same whether you're doing a knee drill or a standing drill. Notice how the release point and follow through are the same.

By Stacy Birk #10