

New Fairfield Baseball - Pitching Practice Plan

Pitching Drills (21 minutes)

Break up team into three groups. Set up three stations and divide time evenly so each group gets the same amount at each station. Suggested time at each station is **7 minutes**.

Group 1 - One Knee Drill (Break and throw)

Set up a pop up screen for players to throw into. Player places throwing side knee on the ground and glove side foot flat on the ground facing the target. Coach says break and the player separates the ball from the glove and rotates body to his throwing side (both elbows go up to about shoulder height; the ball (palm of hand) is facing back and front elbow towards the target.) Coach says throw (glove side elbow pulls down and in towards the body and throwing arm rotates forward and player extends out to throw)

Things to check to make sure your players are performing this drill correctly

- Pitcher finishes with head and chest out over front knee
- Pitcher keeps his head on the target (chin up and eyes level)
- Pitcher finishes balanced (make sure they do not fall over after they throw)

Group 2 - Straddle Position (Break and Throw)

Set up a pop up screen for players to throw into. Player spreads feet slightly wider than shoulder width apart and points glove side shoulder at the target. Coach says break and the player separates the ball from the glove and circles his throwing arm up and back (both elbows go up to about shoulder height; the ball (palm of hand) is facing back and front elbow towards the target.) Coach says throw and the player pulls front side elbow down and into body and explodes back hip towards your target. Player needs to focus on staying on top of the ball (throwing side elbow stays above shoulder and fingers are on top of the baseball.)

Things to check to make sure players are performing this drill correctly

- Pitcher finishes with head and chest out over front knee
- Pitcher keeps head on the target (chin up and eyes level)
- Pitcher finishes in a fielding position (pitchers direction stays straight towards the target)

Group 3 - Balance and Throw

Either use a player with catcher's equipment to be your catcher or have one of the coaches be the catcher. This drill can be done on flat ground or from the pitchers mound. Player starts in ready position (relaxed and focused on target). Player than takes a short step back (not straight back, should be at a 45 degree angle). Player than pivots throwing side foot (foot turns 90 degrees and ankle bone or third eye faces the catcher).

Player than lifts glove side foot up so that knee is about waist high (this is called the pitchers balance position.) Once player shows he is in a good balance position the coach says throw. Player continues with pitching motion (separates ball from the glove; gets arm up and back and begins movement toward home plate with straight step towards the catcher; pulls front side down and into body and explodes back side towards the target; player finishes with a complete follow through (chest over front knee and in a fielding position)

Things to check to make sure players are performing this drill correctly

- Check balance position (shoulders parallel to the ground, lower body loaded, upper body not over rotated , legs relaxed and body in control)
- Pitcher finishes with head on target (and out over front knee)
- Pitcher strides straight towards catcher and finishes in a fielding position