



# Speed Building Strategies

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- the #1 way to increase speed is to improve your mechanics; take the time to break down, analyze & correct your motion
- you must give a consistent 100% effort; put all your energy into each pitch & maximize your effort; “Let It All Hang Out!”
- “No Fear” - let go of the strike zone; a pitcher forced to cautiously throw strikes will never max out her speed
- relaxed is fast and tensed is slow; feel like a rag doll; shake out your arm and relax it; arm actually whips at release
- speed is only one aspect of the complete pitcher; we should all work to achieve our maximum speed; speed kills as it forces a batter to make quicker decisions
  - All tools can be purchased from my website’s store: [www.softballpitchingtools.com](http://www.softballpitchingtools.com)

## 1. Long Distance Pitching - #1 speed builder!

**Version 1:** 3x a week. Lay a 200-ft measuring tape on ground; pitcher stands at the 0 ft mark. Catcher allows pitch to hit ground and yells out the yardage where ball first hits ground. Pitch 10 stationary fastballs, 10 full motions, 10 walk into pitches. Arc the pitch high into the air; 45 degree launch angle gets maximum distance. Repeat with riseballs. Record your distances, circle the maximum distance for each category, beat your personal best next time. Our current distance records are: 127 ft stationary; 159 full motion; 168 walk into drill. Every 5 feet farther you can pitch the ball represents 1mph faster that you pitched the ball. Compare your distances to the chart below to see the velocity you created:

- 100 ft = 50mph
- 125 ft = 55mph
- 150 ft = 60mph
- 200 ft = 65mph

**Version 2:** Start at mound. Take 3 big steps back and pitch several pitches. Take 3 more big steps back and pitch a few more pitches. Repeat until you can no longer get the pitch to the plate in the air. Stay at that distance for 15-20 pitches. Drive with your legs & lift with your fingertips to get the ball home with as little arc as possible. Throw to each corner for accuracy from long distances. Watch your tapeline as it flies thru the air. Work your way back to the mound to get release point back to normal!

## 2. 3-Ball Speed Pitches:

To speed up your entire motion do **speed pitches** with your catcher. Start with 3 balls: catcher holds one and the pitcher has two: one in glove and one in pitching hand. I do 3 versions: stationary, step pitch, full motion. The chart below lists the number of pitches expected in the time limit of each set. In the minute between sets, do push-ups or plyometric exercises such as lunges or high-knee skips.

# of Pitches	Time	# of Sets	Total Pitches
10	25sec	6	60
12	30sec	5	60
15	37sec	4	60
20	50sec	3	60
24	60sec	3	72

### 3. **Weighted-Balls Speed-Building Workout:**

**Version 1:** I much prefer this first version as it has lower reps and higher intensity than Version 2. Do 5 pitches with each ball, transition quickly between each weight but take the time to do a glove snap as you switch the weight of the ball. Do entire sequence from the stationary drill; then repeat from the mound. I radar all pitches with the light weight & get pitches 1-4 mph faster than normal. I also clock the final set of pitches with the regular ball to see if the pitcher can match the new, higher speeds. Great trick to increase speed!  
5 reps each

Cannonball	70% effort level
Heavy ball 8.5 oz	100%
Regular ball 6.5 oz	110%
Light ball 4.5 oz	120%
Run into pitch with light ball	130% super high intensity! Get the arm & entire body speed flying!!!!
Regular ball 6.5 oz	130% match the intensity!

**Version 2:** you build strength with the added resistance of the heavier balls like Cannonball and 8.5 oz ball; you underload the muscles with the lighter 5.5oz ball emphasizing arm speed; do each intensity level 3 times within a week before advancing to the next level; perform at a fast pace at the end of your workout, throw your full motion as hard as possible; you may do reps higher than this chart once you've worked up to it; watch your form and make sure your follow through is smooth and relaxed.

Intensity Level	Regular Ball	8.5oz Ball	4.5oz Ball	Regular Ball	Total No. Pitches
1	6	12	12	6	36
2	7	14	14	7	42
3	8	16	16	8	48
4	9	18	18	9	54
5	10	20	20	10	60
6	11	22	22	11	66

4. **Power Cord Pitching Harness** – see my video demo in the website's store!! Pitcher snaps the harness around her waist.

1. with the cord snapped to a fence **behind** her, the power cord **resists** the pitcher as she strides out and develops a strong leg drive. Pitch 20 with the cord and 10 without. 3 times a week is optimal!

2. with the cord snapped to a fence in **front** her, the power cord **assists** the pitchers as it speeds up the legs forcing pitcher to speed up the arm to match leg speed. Do not allow cord to pull her past her stride leg! Great for reverse posture and left side resistance!!! Pitch 20 with the cord and 10 without.

5. You must increase leg drive off the mound! Use the **Pro Power Drive** 20x to develop proper load into the sprinter position and explosion off the mound. See my video demo my website's store!

6. You must increase arm speed! Do 3 sets with the **Xelerator** (2 slow, 3 super fast, 2 slow). Watch yourself in a mirror to judge how fast your arm really is going. Match the new improved arm speed by doing 15 stationary drills with the **5-oz ball**. Radar your new speed! Match the increased speed with the regular ball for 10 reps.

7. You must increase spin speed! Do 15 **cross grip Spin Right Spinners** from stationary and make it buzz!! Rip it off your fingers! Check your spin speed with the **RevFire** from stationary and full motion. Fastball spin speed should be near 20rps.

8. **Arm Whips!!** Develop arm whip and wrist/finger snap by doing LOUD **glove snaps**. 4 types: half snap, windmill, step pitch and full motion glove snap. Also use **ball on a stick** to feel the roll off the fingers! Do finger scrapes as catcher holds ball and you feel fingertips rip off the ball. Use the **wrist snapper** to feel wrist bend. Also do the sequence of 6 **arm whip drills into a net**.

9. **Basketball half toss** – not a windmill! Start at 25 ft and work back to mound. Step into it and slingshot (very small dropback) the basketball to your catcher. Back up gradually as it becomes easy to get ball to catcher. Follow with high velocity regular pitches.

10. **Throw as hard as possible** into a net or wall with no regard for strikes. Push the envelope and find ways to create speed!

11. **Rainbow tosses.** Stand the normal pitching distance and see how high into the air you can pitch the ball to your target. Do not pitch it past the catcher! This is harder than you think!

12. **One-leg explosions.** Start on balance with stride leg in the air extended out in front of you. Complete your entire motion emphasizing leg drive and stride distance. Really nail the ending! Hold your balance at the end for 3 seconds. Repeat with 3 hops and then explode into the pitch

13. **Sprinter starts.** Start in a sprinter position on the mound and **explode** up and out to complete your pitch. Attack the ending! Hold balance 3 seconds.

14. **Squat pitches.** Start in a squat position on the mound, arms extended out in front of face. Without dropping your arms, **explode** up and out to complete your pitch. Attack the ending! Hold balance 3 seconds.

15. **Skaters:** 3 sets of 10 skaters with a pitch. Looking like a speed skater, swing both arms as you jump back and forth between your feet as fast as possible. Be sure to stride approximately 4 feet each jump. Awesome plyometric exercise that looks just like pitching! After 10 skaters jump and pitch to catcher like a 1-leg explosion.