

President's Day Pitching Camp

Pitching Drills

1. Wall/Fence Drill

When we are doing this drill we want to focus on getting the hip to drive and build momentum toward home plate. To properly complete the drill, you are going to lift — set the hip forward — fall into the fence.

This drill is shown and explained in the VIDEO.

2. Lift & Touch, Drive to Home

When you start this drill, have something on the ground behind your drive foot. We use cones to give the athletes a good reference, but anything behind the foot works! We are completing this exercise to make sure we have balance and so that we are not rushing to home plate.

You are going to lift — bring your foot back to the ground either touching the cone or touching the ground behind the cone — LIFT AGAIN — lead with the hip (fall) — stride — break — make sure you point your glove to your partner — tuck — throw & follow through.

This drill is shown and explained in the VIDEO.

3. Reach & Grab, Drive to Home — With a TEE or PARTNER

We are doing this drill and exercise to make sure we aren't straightening our arm as we break our hands. We want to make sure we have some bend in both arms as we break. We are also doing this drill to make sure that we are under control with our body. It will give us a reference on where to get to, as well as make sure we have our thumb underneath the ball when we are going through our delivery.

You are going to come set (without a ball in your glove) — a tee/partner will be behind you with the baseball — lift — break — reach out and grab the baseball (thumb underneath the baseball) — make sure you point your glove to your partner — tuck — throw & follow through.

This drill is shown and explained in the VIDEO.

The following 3 drills were only discussed during the 13+ year old age groups. We believe that these drills are also good for the younger athletes to learn as well.

1. In-Step, Twist, Lift, Pause & Drive

This drill is designed to help us build and create momentum toward home plate but also make sure we are not rushing.

You are going to start behind the rubber — glove in front of your chest — in-step on the rubber (toe in front of heel) — stabilize core — lift — pause — break — make sure you point your glove to your partner — tuck — throw & follow through.

This drill is shown and explained in the VIDEO.

2. Ball in Glove & Hand, Then Drive

The focus of this drill is to be aware of the arm side and to make sure we keep it strong. If you are someone who misses up to the arm side or low to the glove side, it is a lot of the time because of your glove side. When you get your glove arm out toward your target, you want to tuck it in to your chest and keep it firm. When you have a ball in your mitt, it helps you stay aware of what it is doing.

Come set on the mound like you are pitching — ball in glove AND ball in hand — lift — break — make sure you point your glove to your partner — tuck — throw & follow through.

This drill is shown and explained in the VIDEO.

3. Around the Cone Drill

This is another exercise to work on leading with the hip.

Start with the toe in front of the heel on the rubber — have the cone a little bit in front of your lead foot (in reference to where you start!) — lift — drive the hip — swing/sweep your leg AROUND the cone — stride to home — break — make sure you point your glove to your partner — tuck — throw & follow through.