

President's Day Pitching Camp

Throwing Drills

1. Rock Back & Throw — Facing PARTNER x10-15

We want to make sure we start with our feet a little wider than shoulder width apart — chest at your partner — glove in front of your chest.

You are going to rock back — twist — break your hands — make sure you point your glove to your partner — tuck — throw & follow through.

This throwing exercise is shown and explained on the VIDEO.

2. Rock Back & Throw — Facing SIDE x10-15

We want to make sure we with with our feet and legs uncomfortably wide (almost at where our stride length is when we pitch), feet pointing away from your partner, glove and ball in front of your chest, chest facing 3rd Base if you're right handed and 1st Base if you're left handed.

You are going to rock back — break your hands — make sure you point your glove to your partner — tuck — throw & follow through.

This throwing exercise is shown and explained on the VIDEO

3. One Knee Throws x10-15

We are going to start by taking a knee — Right handed throwing are going to kneel on their right knee and left handed throwers are going to kneel on their left knee — lead knee and lead leg are out in front (we do not want you leaning too far out in front or leaning too far back); start with the knee over the ankle — chest facing your partner — glove in front of your chest — back leg should also be straight back, not to the side — rock back — twist — break your hands — make sure you point your glove to your partner — tuck — throw & follow through (finish your finger and hand outside of your lead ankle).

This throwing exercise is shown and explained on the VIDEO.

4. Momentum Drill x10-15

We are going to start with our lead leg pointing to our partner — back leg at our instep (just like we would be on the rubber) — chest to your partner — glove in front of your chest — rock back — twist — break your hands — make sure you point your

glove to your partner — tuck — throw & follow through. Make sure you emphasize that follow through and leg kick afterwards.

This throwing exercise is shown and explained on the VIDEO.

5. Shuffle & Throw x10-15

This exercise is designed to gain momentum toward your partner. Start a little bit wider than shoulder width apart — shuffle toward your partner — break your hands — make sure you point your glove to your partner — tuck — throw & follow through

This throwing exercise is shown and explained on the VIDEO.