

# NHS Baseball: Pitching Drills

## \*Focus:

- |              |             |
|--------------|-------------|
| 1. Balance   | 1. Control  |
| 2. Direction | 2. Movement |
| 3. Finish    | 3. Velocity |

## Mechanical Drills:

### 1. Towel Drill:

- helps build mechanics & delivery repetition
- split towel in half / wrap middle finger
- 1 guy on knee with glove out / hit the glove
- WE WANT EXTENSION

### 2. Balance Drill:

- works from the balance point to the power point
- start in balance point (w/ baseball), hands together
- MOUND FOOT / KNEE / HEAD SHOULD FORM STRAIGHT LINE

### 3. Step – Behind – Step Drill:

- addresses tilt & directional problems

\*\*Fastball up & Change up down usually means a tilt issue\*\*

- step behind step / cross arms (ball hand under glove hand) / throw
- EVERYTHING IS LEVEL / HEAD IS STILL
- hands apart

## 5 drills for 5 Common Mechanical Problems:

### 1. Head Tilter:

- skews the strike zone by tilting head

\*coach will put hand on pitcher's head

\*put glove on head / should not fall off / 50% effort

### 2. Rushing to the Plate:

- works against balance
- get knee up (balance)

\*Toss from behind: (decrease rush to the plate)

- do not throw to pitcher until in balanced position
- NO FORWARD MOVEMENT

\*then do complete wind up



### 3. Throwing Across Your Body:

-a result of poor direction of legs

#### \*Line Drill

(flat ground) -step on the line

(mound) – step on towel

### 4. Throwing Uphill:

-we want to go downhill

-result of tilting shoulders up (glove elbow goes up)

\*Bucket Drill: glove off / 2 balls/glove front down release in the bucket

### 5. Falling Off on Finish:

-falling off to side after a pitch

\*On a line / hand on front shoulder (flat ground)

\*On a towel / hand on shoulder (mound)

### Mechanics:

#### 1. Head: (most important to balance)

-keep head & eyes as still & level as possible

-short rocker step

-head over mound foot on lift (rushing: head / shoulders out in front)

#### 2. Shoulders:

-should be level (little bend on back leg)

-ball should be above shoulder when front foot lands

#### 3. Hands & Arms:

-separate hands & feet at exactly the same time

-hand position is the direct result of how the ball comes out of the glove

-fingers on top as hands separate

“thumbs to your thighs / fingers to the sky”

#### 4. Hips:

-timing between hip release & ball release is important

-hips & rotation are important in increasing velocity

\*Early Open = stress on back of shoulder

\*Late Open = stress on front of shoulder

#### 5. Legs:

-aid in direction

-up, down, out to catcher

-firm, bent front leg

-must push off the rubber

