4 Drills to Improve Pitching Speed

By Active Team Sports

Have a need for speed? Use these four drills from the eteamz fastpitch community to increase your pitching velocity and sharpen your control.

It's All in the Wrist

Stand facing toward the wall in your stride position (standing sideways). Take a ball and flick your ball straight to the wall and it should come right back to you. Only use your wrist-no windmill. This drill can be done indoors with a rubber or incrediball, or outside with a regular ball against a pitchback.

Hips Closed

This drill is also to be done in or outdoors. Stand 8ft. away from the wall in your stride position, do your windmill and close your hips and the ball should come right back to you.

Hips Open

This one is also to be done in or outdoors. Stand 6ft. away from a wall in your stride position and just do your windmill--do not close your hips. The ball should come right back to you, time yourself for 15 seconds and see how many you can do. Every time you do it see if you can get more than the time before.

Stay on Target

The last drill should be done outside with a catcher. Get a weight ball and kneel down on one knee with your other knee facing the catcher. Only using your wrist, snap flick the ball to your target or catcher. After you do 15 move back a couple of feet. When you're about 10ft. from the plate use a regular ball. Then when you're about 20ft. away from the plate do the windmill, until you can do this all the way from the rubber. Good luck!