

# Before practice and game warm up

1. Each pitcher needs their own time
2. Routine

## Pitching Progression

1. **Grip:** 4 seam
  - a. Line on ball
  - b. Spinner
  - c. Natural 'down' movement
  - d. Wrist snap
2. **Feet position**
  - a. Both feet touching mound
  - b. Shoulder width apart
3. **Power Line and Stride Length**
  - a. Power line starts in the middle of the mound and ends at the point of home plate. Your stride leg should always land on the power line
  - b. Where you step is typically where you throw
  - c. Stride length should be as far as you are tall
4. **Starting position**
  - a. Fluid motion, no stopping
  - b. Most relaxed momentum
5. **X Position and Arm Position**
  - a. X position: power position, K position, 12 o'clock position, scarecrow.
  - b. Feet up, land on your power line with your toe pointed, glove hand and shoulders are parallel to power line. The palm of your throwing hand is pointed away from your body,, and your arm is long but not locked (like a wet noodle).
6. **Arm Whip and Release Point**
  - a. Slight bend in elbow in the X position is the starting point of the arm whip.
  - b. Release point is the place where you let go of the ball to throw a strike. The best way to feel the arm whip is from the X position.

## 7. Spin

- a. The last part of the pitch is the release, which is a simple finger roll that creates ball rotation.

## 8. Finish

- a. Two ways to finish: staying sideways or turning to face the catcher. Whichever is natural to the pitcher's finish and body

# Drills

- ★ Arm Circle/No Legs
- ★ Walk through
- ★ Wall Pitches
- ★ Distance Drills
- ★ 20-4, 10-3 drill
- ★ Flamingo
- ★ One leg Explosions
- ★ Push up or Burpee Pitches
- ★ Rapid Fire
- ★ 10 to 1
- ★ Pitch Under Leg
- ★ Countdown arm swing, 10 to strike
- ★ Mirror pitching