

2025 MILLERS COACHING CLINIC

DELASALLE HIGH SCHOOL BASEBALL PITCHING PORTION

DRILLS

Warm up

Jog

High knees

Butt kicks

Shuffle

Karaoke

Scoops - hamstring, heel down-tows up, scoop w/hands

Frankenstein - oppo hand w/ raised foot

Leg pulls

Lateral lunge - side to side - groin

Lunge twist - one leg forward rotate both ways, both legs

On back - leg over leg, look opposite

Cradle the bat, teammate holds steady, slowly "find your hips" ok to turn foot

Sprint

THROWING WARM-UPS

Flips

90 twist

180 twist

Rockers

Step back - simple

Work into long toss

Work back

STRETCHES - good for both pitching and hitting

Leg overs - Lay down on back, cross leg over, look other way - both legs

Stand in athletic position - keep shoulders facing forward, slowly turn hips "find your core muscles"

Cradle drill - put bat in your cradled arms, keep breathing, teammate holds both end of the bat to keep player from recruiting shoulders, slowly rotate hip and "find your core muscles"

J-Band - set out from fence making fairly tight, put both hands on either hip and slowly rotate hips to strengthen hip and core muscles

HOW TO THROW

Feet - 90

Crack the egg - arm to 90

Elbow - site line

Glove side & glove must come back

On top of ball

Snap

Back leg over the top

Grips - 4, 2, circle, curve, kick

Health - Don't get caught up in winning

Flat versus mound

Pain inside elbow (mechanics) vs back (strength) plyos & J bands

Fast Ball vs Curve

Days rest

Infield / outfield after pitching

Practices after pitching

Ball at 90 towards dugout, don't lay it back

90 90 angles - @ foot plant, hand up, bicep at 90 - watch for outside, inside and low

Keep front foot closed as long as possible then Hips fire, toes towards catcher

All pitches - same slot

Release off-speed out in front

Curve - turn wrist 90 - on top & out in front

PHILOSOPHY OF PITCHING

First pitch strikes

Walks

Wind up vs set

Don't waste a bad pitch

Inside - Outside

Up - Down

Working Backwards in counts

PICK OFFS - Holding Runners On

1 look, 2 look, long, short, slide step, step off

Keep your best move in reserve

Lefties - front leg can't cross past back leg

- Look @ home, throw to first

Righties - back foot must disengage first - either direction

DRILLS

On knee, front leg almost straight, up to 90, lock knee with foot planted, hips back, shoulders down for follow through

J-band - stretch out, glove hand on front hip - slowly rotate as if throwing

Break pitching and hitting into tiny segments, work on, put back in sequence

MISCELLANEOUS

Suggestions - don't spend big money on advanced lessons/strength & conditioning until players hit puberty

If you'd like me to diagnose mechanics, feel free to send videos of your players to

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