



## Drills, Drills and More Drills



1. **Wrist snap drills:** self snap (ball must have tape on it); from behind back snap up & over shoulder without bending elbow; tennis ball can flip; both grips for Spin Right Spinner flips; ball on stick spins; sit and snap under leg with 14" ball, basketball, weighted ball or football
2. **T-Drills** – extend glove hand in front & pitching arm back forming a T; bring both down & snap ball into net
3. **Spin Right Spinner** – get spins perfect for each pitch by snapping to self & catcher, work up to full motion; use two-finger grip to judge direction of spin & flutter grip to judge speed of spin
4. **Glove snaps** – do every day & between pitches in games to practice release point; do half snaps and windmill glove snaps with: 1. no feet, 2. with a stomp, and 3. with a stomp and kick
5. **Release point flap** – hit flap 3 times to keep arm on correct plane and snap at hip
6. **Ball in a bag** – builds arm speed because of increased wind resistance; smooth perfect circle, max out arm speed, whip bag; follow with knee drills with 8.5oz ball
7. **Knee drills** – do these every workout! Isolates arm motion. Use 8.5 oz ball, Spin Right Spinner & wiffle balls
8. **Wiffle balls** – learn fingertip control by doing knee drills & full motion; throw as hard & as accurate as possible
9. **Bucket drill** – lightly place left toe on bucket & complete windmill arm motion while keeping weight back
10. **Flamingo** - leaving left leg in the air & leaning back, pitch while remaining on balance on right leg
11. **Pitch from stride** – left toe in front, take step as arm goes up & complete pitch; use as warm up & for balance
12. **Double arm rotations** – two (even three) times around with arm for drills 7-11
13. **Eyes Closed** – any drill to feel the motion and make adjustments; takes focus off target and on to mechanics
14. **Left side glides** – practice a smooth leap & drag; put both feet together, lift left leg, jump to the left & drag the right foot on the side; lean back with head; freeze checking all positions
15. **One leg explosions** – start on balance with stride leg up, explode out as far as possible with left leg and finish the pitch on balance; emphasize right leg drive and stride distance; hold balance 3 seconds after release
16. **Push-up explosions** – start in push-up position except put your right foot even with your hands and bend your knee; from this position explode up and out to complete your pitch; attack the ending; hold balance
17. **Balance beam** – place a 1"x8" board on the ground; pitch staying on balance on the beam
18. **Ropes** – extend a rope at knee height 8 ft in front of plate, make fastball, change and drop go over & drop; next extend a rope at knee height a foot short of pitcher's stride length, she has to go up & over for height to left leg
19. **Freeze at the top** – in mirror, freeze half way through pitch, hold "Big X" position and analyze
20. **Finishes** - Big X position into the ending, do a balance check, correct follow through
21. **Finishes into a wall** – land with left toe touching wall, complete an air through – stay well behind wall!
22. **Finishes with a push** – air through a finish while partner shoves your right hip, stay on balance with hips open
23. **Pitch & fall back** – from either Big X, from stride or full motion – finish & step back with right leg because left leg stops momentum and pushes backwards for resistance
24. **Pitch with hand in face** – pitch keeping head behind outstretched hand of catcher
25. **Pitch up an incline** – anyone that leans, find a hill or baseball mound & pitch up it to help lean back
26. **Pitch without right leg** – push off hard & freeze right leg once left foot lands; accelerate arm & finish, feel resistance, balance, head back, body lean backwards
27. **Long distance from knee** – do knee drills from the mound and back to second base
28. **Long distance throws** – take progressive steps back from the mound until pitches no longer reach catcher in the air, remain at that distance for repetitions, work way back to mound; or do 20 pitches @ 60, 90, 120, 150, 180, 210 feet and work your way back in
29. **Rainbow tosses** – using full motion at 40 ft, pitch ball as high as possible into air for wrist & forearm strength
30. **Walk into pitch** - start behind mound, charge into pitch with several steps & pitch, stay balanced on left leg
31. **3-ball drill** – from stride or from knee drill position, pitcher starts with 2 balls and catcher with one, pitch quickly, alternate between all pitches
32. **Rapid fire** – from knee, line up 10 balls on floor, pitch each as fast as possible
33. **Speed pitches** – throw as many pitches as possible in time limit, rest 30 seconds, repeat; see chart for specifics
34. **Weighted ball throws** – 3 times a week, throw full speed with relaxed arm and good mechanics; use 8.5 oz ball for strength followed with light weight ball (5.5 oz) to underload the muscles & increase arm speed; see chart
35. **Cannon/Heavy ball throws** – if ball is 9oz or heavier use a slow motion and emphasize snap
36. **16"/14" ball** – toss to stretch fingers & increase confidence with regular-sized ball; enhances grip & spin
37. **Surgical tubing** – for leg drive, do freezes at top, finishes, whole pitch; do wrist & bicep curls

38. **Pitch under right leg** – knee drill with a twist: put left knee down and prop up right knee to the side; do a complete circle & snap ball into the air from under right leg, wrap hand around hamstring, work to each corner
39. **Pitch between legs** – great for wrist snap; stand with feet parallel, complete circle & pitch under right leg
40. **Hit corners** – low in and out, high in and out, go around the horn in as few pitches as possible
41. **Imaginary batters** – go through 7 innings keeping count as you work pitch sequences to batters
42. **Alternate pitches** – in any drill, alternate pitches to work on transition and pitch sequences
43. **Accuracy in the slots** – out of 10 pitches to each slot, how many hit the 4 inch slot between the plate and the batter's box? The black of the plate doesn't count!
44. **Five point game** – start with 5 points, award one point for each strike & minus one for each ball; 10 points win. Variations include minus 2 for balls, alternating pitches, taking away the middle of the plate (counts as a ball)
45. **Ladders** – see list below, 3 consecutive pitches enticing batter to swing at a ball further out of the strike zone
46. **Shoot Out** – 2 pitchers face each other at 40 feet; upon the signal, both pitch a wiffle ball at the other; both must react quickly to catch the ball; the pitcher who's ball reaches the other pitcher first, wins! Lots of fun!
47. **Wrist strengthening** – squeeze hand grips, roll up weight hanging from stick, wrist curls with dumbbell, forearm curl exerciser, weighted-ball snaps, fingertip push-ups
48. **Submarine** – why windmill every pitch? After your double pump, slingshot your pitch; do a fastball & change-up off the submarine! It's totally legal to change styles! And it will catch them off guard!
49. **Delayed Arm Rotation** – why maintain the same arm speed every pitch? The rulebook states after you begin your forward rotation, you may NOT stop nor reverse your arm circle. But it's totally LEGAL to vary the speed of your arm circle. Starting normal speed, drop your arm back and come up quickly even with your belly button. Slow your arm down to a crawl keeping it moving slowly for two seconds until it's above your head. Keep your feet still or just lift your left leg without pushing off yet. From 12 o'clock on, speed your arm back up to full speed to push off with your legs. After you show it with a fastball, do it with a change up and they won't know what's happening!

## **The Mental Part of the Game - mental attributes of successful pitchers**

- total belief in themselves & physical abilities
- ability to totally concentrate during a game on the task of getting batters out
- ability to visualize performance days before game
- ability to analyze losses or poor performances in order to improve
- ability to let go of a bad performance & look forward to the next challenge
- never see themselves as a loser, even after a series of defeats

## **Train of Thought Each Pitch**

- |                                       |                        |
|---------------------------------------|------------------------|
| 1. evaluate game situation            | 5. fine focus          |
| 2. consider fielding responsibilities | 6. deliver the pitch   |
| 3. select the next pitch              | 7. analyze the results |
| 4. visualize delivering the pitch     | 8. repeat the sequence |

## **Charting Pitch Combinations**

Out of ten combinations, how many times does the pitcher hit both pitches?

Fastball Inside Low/Off-Speed Fastball Inside Low:  
Fastball Outside Low/Off-Speed Fastball Outside Low:

Fastball Inside High/Fastball Outside Low (Bunter):  
Fastball Inside Low/Fastball Outside High (Slapper):

Fastball Inside Low/Change-Up Outside Low:  
Fastball Outside Low/Change-Up Inside Low:

Fastball Inside High/Dropball Outside Low:  
Fastball Outside High/Drop Inside Low:

Drop Inside Low/Off-Speed Drop Inside Low:  
Drop Outside Low/Off-Speed Drop Outside Low:

Riseball Inside High/Dropball Outside Low:  
Riseball Outside High/Dropball Inside Low:

Screwball Inside High/Dropcurve Outside Low  
Screwball Outside High/Dropcurve Inside Low

Fastball Inside/Submarine Inside/Fastball Inside

## **Ladders**

Low: fastball or drop: knees, shins, ankles

High: fastball or rise: arm pits, chin, eyes

Inside: black of plate, dirt, batter's box

Outside: black of plate, dirt, batter's box

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