

Net Workout

- entire workout is 10-15 feet away from net, tarp, fence, target
- 100% effort every pitch
- workouts by yourself into your net can be very productive if we practice smart
- have a purpose each pitch – pick one thing to get correct and judge whether or not you did it, know what you're working on
- focus on weaknesses
- wear release flap every workout
- all balls must have tape on them
- target has numbers or different colored tape for areas of strike zone, none in the middle
- warm up before throwing full speed
- practice makes permanent – do not continue pitching a ball if mechanics are incorrect! Put the ball down, air through and teach yourself correct body awareness!
- every 20th pitch, put the ball down and do 3 super fast arm circles to pump your arm speed up, maintain that speed in your next drill

1. Wrist strengthening – 2.5-5lb weight on a rope, roll up & down 5x, wrist curls with dumbbells
2. sit & snap under right leg: basketball, cannon ball, 8.5oz ball, football, Spin Right, 14”
3. left knee down on pad, rt knee up, forearm on rt leg, glove hold forearm still, snaps with ball, Spin Right, 8.5oz
4. from behind back, flip up & over shoulder; bicep bops; criss cross drill; juggling
5. super fast self spins using left hand to create friction; spin ball on a stick as fast as possible
6. snaps in front of nose series with ball, 8.5oz, 14”, Spin Right
 - extend arm in front of nose and snap
 - drop arm by side, swing up and snap in front of nose
 - windmill and wait to snap in front of nose
7. flamingo/crane drill 5x, 5x double arm circles – do not touch foot to ground
8. bucket drill 10x – lightly place stride foot on bucket, lean back and windmill
9. knee drills: 50 pitches of any combination of these
 - 1x,2x (double arm rotations), 3x (triple arm rotations)
 - eyes closed – pendulum at specific target, close eyes, pitch, see how you did, make corrections next pitch
 - reminders: pendulums, hip taps, wrist flickies, hit flap 3x, self flip, ball on stick
 - hit numbered targets on net in order
 - wiffle balls keep low and straight
 - standing knee drill if knee hurts – wimps!
 - All pitches: off-speed, change, rise, 2-knee drill for drop – focus on one or alt. between all
10. ball in bag 3x super fast followed by 8.5oz ball from the knee drill position 10x
11. pitch under right leg: 15x: alt targets – left,right,middle; also use 8.5oz ball
12. stand with feet even and pitch between legs 10x
13. pitch behind back 10x
14. both knees down 10x for balance
15. T-drills
 - Clicker 10x
 - No feet 10x, each pitch harder than the last
 - With a stomp 10x
16. Glove Snap Series
 - Clicker 10x Repeat the series
 - Half snap 10x A. No feet
 - Windmill snap 10x B. With a stomp
 - Windmill snap into net 10x C. With a stomp & kick
17. Windmill-stomp-snap 20x focus on arm whip against resistance!!!!
18. Pitch From Stride 15x
19. 1-leg explosions 15x
20. Push-up explosions 15x
21. Full Motion 15x-100x very specific mechanical focus, as hard as possible, use power line mat, hit targets
22. Walk or run into pitch, hold balance at end, Let It All Hang Out! 15x
23. Balance beam 1x8 on ground 15x full motion
24. Air through the perfect motion to correct mechanics 100x

