



# Speed Building Strategies

- the number one way to increase speed is to improve your mechanics; take the time to break down, analyze & correct your motion
- you must give a consistent effort; put all your energy into every pitch and maximize your effort; “Let It All Hang Out!”
- “No Fear”; let go of the strike zone; a pitcher forced to cautiously throw strikes will never max out her speed
- relaxed is fast and tensed is slow; feel like a rag doll; shake out your arm and relax it
- speed is only one aspect of the complete pitcher; we should all work to achieve our maximum speed; speed kills as it forces a batter to make quicker decisions

## The Drills:

1. **Throw long distances.** Do the knee drill from the mound & back to second base. Do your full motion from second base & centerfield (try 20 pitches @ 60,90,120,150,180,210ft & work your way back in). Use regular & 8.5-oz balls. Drive with your legs & lift with your fingertips to get the ball home with as little arc as possible. Throw to each corner for accuracy from long distances.
2. **Weighted ball speed throws workout:** you build strength with the added resistance of the 8.5-oz ball; you underload the muscles with the lighter 5.5-oz ball emphasizing arm speed; do each level 3 times within a week before advancing to the next level; at a fast pace at the end of your workout, throw your full motion as hard as possible; you may do reps higher than this chart once you’ve worked up to it; watch your form and make sure your follow through is upward and relaxed; this has been one of the best speed builders!

Intensity Level	Regular Ball	8.5 oz Ball	5.5 oz Ball	Regular Ball	Total No. Pitches
1	6	12	12	6	36
2	7	14	14	7	42
3	8	16	16	8	48
4	9	18	18	9	54
5	10	20	20	10	60
6	11	22	22	11	66

3. Throw as hard as possible into a net or wall with no regard for strikes. Push the envelope and find ways to create speed!
4. Slingshot the 1-pound **Cannonball** followed by full motion with the 5.5-ounce ball.
5. You must increase arm speed! Do the **ball in a bag** drill twice followed by 15 knee drills with the 8.5-oz ball.
6. Develop arm whip and wrist snap by doing **T-drills** and **LOUD glove snaps**. Use ball on a stick to feel the roll off the fingers!
7. **Rainbow tosses.** Stand the normal pitching distance and see how high into the air you can pitch the ball to your target.
8. **One-leg explosions** or crane drill. Start on balance with stride leg in the air extended out in front of you. Complete your entire motion emphasizing leg drive and stride distance. Really nail the ending! Hold your balance at the end for 3 seconds.
9. **Push-up explosions.** Start in a push-up position except put your power 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 3 seconds.
10. Use **surgical tubing** around your waist from behind to emphasize leg drive. Use the power cord extended in front of you to feel explosion off the mound and increase arm speed.
11. To speed up your entire motion do **speed pitches** with your catcher. The chart below lists the number of pitches expected in the time limit of each set. In the minute between sets, do push-ups or plyometric exercises such as lunges or high-knee skips.

# of Pitches	Time	# of Sets	Total Pitches
10	25sec	6	60
12	30sec	5	60
15	37sec	4	60
20	50sec	3	60
24	60sec	3	72