

Getting Started As A Pitcher

By Alissa Kline



Beginners:

All done into a wall or net. Two days a week. One hour sessions.

Week 1

- DAY 1 - **Wrist Snaps** – 2 point position, no arm movement, fingers point to sky.
- DAY 2 - **Follow Through** – Start at 3/4 circle in 2 point position down on throwing side knee, end when elbow points to catcher

Week 2 – Include above but also add the following...

- DAY 1 - **K's** – Like pictured above, start in a “K” 2 point position on front heel with ball facing the rear, point glove, glove hand moves in conjunction with throwing hand, end in a 4 point position with follow through to the ear.
- DAY 2 –
 - **Arm Circles** – fast repetitive. Demonstrate against a flat surface or wall.
 - **Stationary Pitch** - (no rocker) into wall or net, need to be FAST and follow through, execute in 4 point position with the feet not moving. No more than 10!

Week 3 – Include above but also add the following...

- DAY 1 - **Full Pitch** – instruct how to get on the mound and what is legal/illegal:
 1. Hands Apart
 2. Step On Mound
 3. Hands Together
 4. Once the hands break, motion starts – whether or not with a rocker
 5. Pivot Foot – must remain in contact with ground until release point
- DAY 2 - **Sprinter Drill** – (demonstrates how to start using your legs) Start in a sprinter’s position bent over with chest almost touching knee. Place a predetermined mark on the floor (extended leg stride) that they need to try and reach with their stride foot.

Week 4 – Include above but also add the following...

- DAY 1 - **“Elvis”** – do a full pitch with 2 arm circles – will need to keep the weight back until the 2nd arm circle to keep balance (causes the arm circle to be faster). Everything else is the same!
- DAY 2 – **Speed Pitching** – use ALL the balls you have (up to one full bucket) with a person handing balls to the pitcher to do continuous pitching as FAST as you can until all the balls are gone!

Experienced Pitchers:

MUST have ONE quality pitch!!! Don’t try to throw 5-6 different pitches unless they are EFFECTIVE!

For Speed

If a pitcher needs to work on speed, the following drills will help:

1. Arm Circles – fast repetitive
2. Stationary Pitch
3. “Elvis”
4. Long Distance Pitching (From more than 50 feet)
5. Elastic Band Strengthening (3/4 circle to release)
6. Weighted Ball Pitching
7. Speed Pitching