

SCARBOROUGH LITTLE LEAGUE

60-MINUTE PITCHING PROGRESSION SESSION (AGES 8–12)

Progressive Development | 5 x 12-Minute Blocks | Quality Over Velocity

SESSION 1 (12 MIN) — WARM-UP & PHILOSOPHY

Traditional Pitching Warm-Up

- Stretches (Arms, Shoulder, Lunges)
- Arm circles & shoulder activation
- Wrist flips
- Knee throws
- Rockers
- Step-behinds

Pitching Philosophy

- Quality Pitches over "Throw Strikes"
- Be strategic — every pitch has intent
- Get Ahead, Don't be Predictable
- 2-Seam & 4-Seam grips
- Small hand grips for younger arms
- Snap wrist & finish through to the ground

SESSION 2 (12 MIN) — START FROM THE FINISH

- Seated throws 25 ft → 35 ft → 45 ft
- Teaches Land First Then Throw
- Back leg drive
- Scap load into chest through finish

SESSION 3 (12 MIN) — FROM THE STRETCH

- Develop rhythm into landing
- Build throwing cadence
- Stretch → gather → land → throw
- Carry momentum through release

SESSION 4 (12 MIN) — INDIVIDUAL COACHING BLOCK

- Observe stride direction
- Check hip-shoulder separation
- Watch glove side stability
- Monitor posture & balance
- Educate mentors what to look for

SESSION 5 (12 MIN) — GAME: KNOCK OUT

- Quality pitch vs non-quality pitch
- Scenario Situations
- Points for location & intent
- Reinforce mound composure