

# **Pitching Warm Up**

## **Wrist Flicks - 10-20 flicks (3 feet away)**

Stand close to your catcher with front shoulder facing target. Your gloves should be able to touch. Place wrist next to your hip and KEEP it there. (no back motion) Snap your wrist to create as much spin on the ball as possible.

**Hold the ball with 3 middle fingers on top of the "C". Should see the black line spin perfectly!**

## **One Knee - 10 pitches (1/2 way to mound)**

Put your dominant legs' knee on the ground. Non-dominant leg out in front with foot at 45 degree angle. Start with ball hand at 9 o'clock behind with bend in your elbow and ball facing in towards head (back of hand facing behind you). Swing arm down and snap at hip. Glove should move downward as ball hand moves.

**Keep elbow/arm in close to the body.**

## **K's - 10 pitches (3/4 way to mound)**

Stand with front shoulder facing catcher. Put glove hand pointed toward target and ball hand up above head with slight bend in elbow. Take a small step forward with non-dominant foot. Then swing both glove hand and ball hand down and snap at the hip. Finish by closing your back hip hard and facing the catcher.

**Finish and close hip!**

## **Walkthroughs - 6 pitches (5 ft past mound)**

Start behind the mound and step Right, Left, Right, Around (for right handed pitchers) and complete a full pitch. Start by walking and once you get the hang of it speed up your walk to a run.

**Drive and Close Hips!**

**The purpose is to build momentum and throw HARD!**

## **Full - As many as needed (on mound)**

Place right or left foot (depending on which hand you throw with) in the CENTER of the plate. Start with hands apart and "take a sign." After put hands together, complete pre-motion. Drive out with dominant leg and place front foot on power line. Snap at the hip and finish facing the catcher ready to make a play.

**Closed, open, closed.**

## **Knee Pitching**

Purpose: Arm Position (Keep elbow and wrist tight to the body)

Put back knee on the ground and front leg slightly bent with that foot turned at a 45 degree angle in front of you. Complete a FULL CIRCLE as you pitch. FOCUS on your elbow driving from above your head to your hip. Then a fast whip motion with your forearm and wrist. Elbow must stay in tight to your body and snap your wrist at your hip. Use your front leg and foot on the ground to add resistance and power.

## **Sock Ball Drill**

Purpose: Create a Full Circle

Put a softball inside of a long sock. Hold onto the end of the sock (not the ball). Swing the sock ball in a circle three times. On the third circle, release the ball in front of you. Do not focus on where the sock ball goes. Instead focus on the body position and maintaining a FULL circle with shoulder rotation.

## **Up & Over Cone Drill**

Purpose: Power which is created through leg extension

Once warm - throw one full pitch. Place a small cone (or other type of marker) where your front foot landed. On the next pitch attempt to reach your front leg up and over the cone. This will help you extend your plant foot farther. Each time try to put the cone slightly farther away. Use your back leg for power. (Drive with your back leg and reach with your front leg).

## **Chair Drill**

Purpose: Power from the back leg

Use a bucket or a chair and sit on the edge of it. You are going to pitch from this position. You must stay low and drive out, NOT UP. Try to reach out with your front leg as far as you can. You want all of your power driving forward not going up.

## **One Leg Drill**

Purpose: Power and Drive, work on attacking angle

Have shoulders square to home plate. Standing only on your right leg (left for lefties) put your foot on the mound. Lean forward and bend your knee. Your shoulders should be in front of your knees. Next, push and drive forward as far as you can and complete a full circle as you pitch. Every time try to step out further than the last. Repeat 20 pitches. DRIVE!