

Throwing / Pitching Drills

Drill #1: 2-Knee Drill

(1)







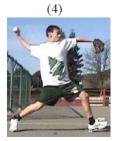
- 1. Line up facing 45 degrees toward throwing side
- 2. Come up to 'Sharpshooter' to get glove chest-high
- 3. Keep head in same position and glove chest-high as you rotate to Release Point
 - 4. Keep glove chest-high and back straight as arm decelerates

Drill #2: Step-Behinds











- 1. Starting position: Feet shoulder-width apart, glove placed chest-high
- 2. Hips lean over the front foot to build momentum and get body moving
- 3. Back foot moves behind front foot to "catch up" to the body
- 4. Front foot strikes the ground, looking over front elbow
- 5. Release point with glove chest-high, back foot on ground for stability

Drill #3: Crossover









- 1. Line up in starting stance, place front foot over back foot
 - 2. Lean hips forward, go into leg kick
 - 3. Stride out 6 feet heel-to-toe
- 4. Ball Release with glove chest-high, back straight, strong front leg

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