

Off-Season Towel Drill Training Program

25-Rep Towel Drill Program

- ✓ 2 minutes of jump rope (300 jumps)
- ✓ **Towel Drill Reps 1-5** (Start with stance in right picture)
 - Goal: To achieve the proper stride length
 - 90% of your height (6 steps heel-to-toe)
 - Body part focus: Hips to build momentum
 - “Be Quick But Don’t Hurry”
 - By the 5th repetition, you should be hitting your stride length
- ✓ **Towel Drill Reps 6-10** (Start with stance in right picture)
 - Goal: To work on timing of keeping front side closed
 - See #1 in (B) below
 - Body part focus: ‘Sharpshooter’ to create torque as hips turn
 - #2 in (B)
 - Same as hitting → Hips turn before the shoulders
- ✓ **Towel Drill Reps 11-15** (Start with stance in right picture)
 - Goal: To work on front leg stability
 - ‘Hitting the Wall’ to control momentum
 - Controlled momentum = consistent Release Point
 - Body part focus: Front leg (See #1 in (C))
 - After throwing arm follows through, balance on front leg to improve stability
- ✓ **Towel Drill Reps 16-20 (normal starting position)**
 - 5 repetitions in ‘The Stretch’
 - Goal: Reproduce consistent pitching motion
- ✓ **Towel Drill Reps 21-25**
 - Practice the ‘Full Windup’, focusing on building rhythm during first step and maintaining controlled movement to the plate



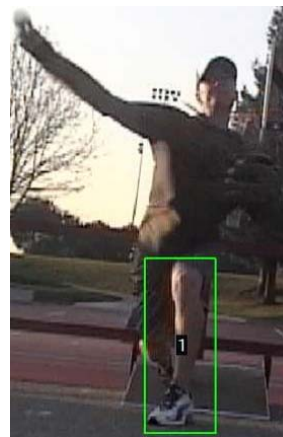
*Do reps 1-15
in this stance
to emphasize
forward hip
movement*



(A) Reps 1-5



(B) Reps 6-10



(C) Reps 11-15