

PITCHERS

Warm-ups: at least 15 mins.

Wrist Snaps
Power Phase
Throw with extra step
Full Distance
All-Pitches

MONDAYS AND FRIDAYS

SPEED WORK- net or wall

1. Speed Drills (see attached)
2. Full Motion 25ft. x 10 balls

MOVEMENT/CONTROL

1. 4 Control(see attached)
2. Movement Drills (see attached)
3. Movement (see attached)
4. Control Drills (see attached)

TUESDAYS AND THURSDAYS

WALL PRACTICE

1. Power Slingshot 10ft. x 20 balls
Begin with throwing side foot back, take a step, and throw hard
Focus on an aggressive step
2. Power Windmill 10ft. x 20 balls
Open phase, no step
3. Hip Rotations 20ft. x 10 balls
Both feet pointing directly toward wall
4. Wall Workout (see attached) x 20 balls

DISTANCE/STRENGTH

1. Long Toss (see attached)
2. WeightBall Training(see attached)

OFF-SPEED WORKOUT(see attached)

WEDNESDAYS

GAME DAY

Warm-up as you would for a game.

Work with a catcher or target from 43ft.

Call balls and strikes, work for 3 outs and 7 innings. Work to increase to two 7 inning games

INNINGS 1 & 2 Throw for strikes, vary pitches

INNINGS 3 & 4 Strikes can only be called if you throw a strike AND the correct pitch to the location called.

INNINGS 5 & 6 Same as innings 3 & 4, but also work your pitches to match the situation (ie: if you walk a runner with no outs, pitch as you would to get out of the inning)

INNING 7 Throw as though you are up by 1 run and it is the bottom of the seventh.