

## Young Pitchers Drills

### Sideways Progressions

- T
- K
- Full Circle (no step)
- Full Circle w. Step

\*Use heavy balls and large balls for short amounts of time to work on grip strength and wrist strength but very close and not too much\*

### Walk Through Drill

Stride Over Object (work on getting stride leg up and out)

Resistance Band Pitching (workout band around thighs to build strong base muscles)

Fence/Wall Circles (is someone is struggling with a wonky arm slot this will help them keep their hand in close to body)

Timing Circles (do more than one circle before letting go like a regular pitch - helps with rhythm and staying long and loose in their arm)

Bucket Drill (sitting lightly on bucket and pushing off right into pitch)

Flamingo Drill (start with stride leg off the ground and pitch using just front leg)

Location Drills (start close to build confidence and try hitting targets on wall/fence building back to a full pitch and smaller spots once they start to get the larger targets)

Cardio Drill (pitch the ball sprint to catcher to get ball sprint back and into another pitch - works on indurance and resetting to pitch a quality pitch when tired)

Cardio Drill 2 (can set this up anyway you want (we did a pyramid) burpee then pitch a few pitches then more burpees then pitches again)