

## Pitching

1. Fastball Grip across the seams. Ball should not be in the palm of the hand but in the fingers.
2. Wrist Snap Drill, T-Drill, and L-Drill should all be done in “Open Position”: Feet shoulder width apart – toes, belly button, hips and shoulders all facing 3rd base (1<sup>st</sup> base for lefties).
3. Start with the basic fastball snap. Catcher should start about 7 or 8 feet from the pitcher. Snap should just be the wrist. Arm should be still in this drill.
4. “T” – turned sideways, feet shoulder width apart, feet in a 45° angle, only moving arms, 2 steps back
5. “L” – turned sideways, feet shoulder width apart, feet in a 45° angle, only moving arms, 2 steps back
6. “Once around” – start in open position with feet together. Have arm go all the way around and step with the front foot.
  - You should do at least 20 of each before moving on to the next progression.
  - Be sure ball is spinning properly at each step. If it is not go back to the first step and work on the snap again.
  - Focus on wrist snap. The initial focus should be on throwing straight at the catcher. Don’t worry about balls high and low – they will come when the pitcher learns the release point. Balls going left and right are an indication of not staying in “open position” when releasing. The hip is going before the wrist and getting in the way.
  - You should always work on mechanics first, speed second and accuracy third. It is easy for the kids to get discouraged when the ball is going all over the place but it is important that we be positive with them and stress mechanics, speed and accuracy in that order. Worrying about accuracy first will really hurt them in the long term.