

At Home Pitching Program

Created by Coach Carrie

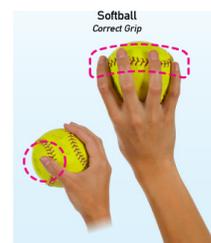
Objective: To provide drills that can be completed at home with or without a catcher or fancy tools, and in limited space to build strength and consistency for developing pitchers of any age, skill, or phase of their pitching journey.

Program: Each practice will consist of 4 core segments to be completed 2 days a week and should only take 30-40 minutes. At this age and this stage of development, it isn't necessary to practice every day for hours at a time. BUT, it is important to complete these drills with intention and purpose, so take your time and have fun with it. Structure your workouts as follows:

1. Be sure to stretch out your arms and legs before starting.
2. Begin workout with **2-3 exercise drills** focusing on core, shoulder, and leg stability and strength.
3. Next, complete **ALL** of the isolated wrist and finger drills to strengthen your snap and release point.
4. Continue with **2-3 pitching drills** focused on certain aspects of your motion and technique.
5. Finish with **25 full motion pitches** with or without a ball. Challenge yourself to see how fast you can get your motion or how far you can reach off your start.

Helpful Tips and Tricks:

1. **Do NOT use a weighted ball in any full arm circle drill to reduce the chance of injury. Weighted balls are intended for spins, wrist strength, and focused release point drills.**
2. **W position** - hips and feet at a 45 degree angle toward the catcher, palms of both hands are facing the side (not straight up toward the ceiling or the wall behind you), elbows are slightly bent but not in a "muscle man" position. Should resemble a relaxed W. Reference videos for help.
3. Make sure to take your time and find the grip on the ball **every single pitch, every single drill**. I personally prefer a 3 finger 4 seam grip where your 3 middle fingers are on the top of the seam that makes a C with the pinky and thumb on seams along the side or bottom of the ball. Make sure your finger tips are on the seam.
4. If the ball goes high, you need to release the ball sooner. If the ball goes low, you need to release the ball later. Your hand needs to release the ball at the bottom of the arm circle immediately before your hip comes through. Arm, then hip. Finding and understanding the correct release point is the most important part of pitching.
5. Although the first goal of a pitcher should always be consistency over speed, slowly down the arm circle or your bottom half to do that is **not** the way to get there. Practicing the



fundamentals the same way at the same speed every single time is what will get you more strikes and the speed will naturally come with strength training and time.

6. **Note to Parents:** Telling your daughter to “slow it down or don’t worry about throwing it fast and just throw a strike” is not the most helpful advice to give. As a young pitcher myself, I was told that many times by parents and even coaches. All it would do is make me mad or throw my timing off completely from how my body was used to throwing in practice, making the problem worse. I encourage you to focus on the mental aspects of the game with her and help her understand that even the greats don’t throw strikes every pitch. Help her find ways to calm herself down, refocus, understand how to fix her pitches on her own and celebrate even the small victories. Pitching is 50% mental, 50% physical.

Recommended Equipment or Tools

| <u>Item</u> | <u>Description</u> | <u>Est. Cost</u> | <u>Where to Buy</u> |
|---------------------------------------|---|-----------------------------------|---|
| Wall ball | 11” softball with good grips that can be thrown against a wall without damaging it Substitution: Any foam softball, ball of socks | \$14.99 + s&h | Paisley’s Pitching Fluid Fastpitch - 176 gram ball = 11” ball |
| Weighted softballs | A pack of various different weights is ideal, but 1 heavy (7-9 ounces) will suffice. Standard 11” balls are approx. 5.8 ounces. | \$20 - 50 (if purchased in a set) | Amazon |
| Dumbbells | 3, 5, and 10 lb weights Substitution: Milk jug filled with water and any weight with a handle | \$0+ | Amazon, Target, Walmart |
| Hand towel | Towel or cloth of some kind, small enough to roll long ways and use for wrist snap drills Substitutions: long softball socks, t-shirt | \$0+ | Anywhere |
| Volleyball, soccer ball, or kick ball | The type of ball doesn’t matter, but something about that size | \$0+ | Anywhere |
| Elastic exercise bands | Bands of various weights to be tied to door knobs or held | \$6+ s&h | Amazon |
| Full length mirror | Standard full length mirror can be very helpful to see their own body positioning | \$8+ | Target |
| Softball with Line | A standard softball with a black sharpie line or electrical tape, anything around the center of the ball. This is a great visual to see the spin of the ball. | |  |

Strength Training Drills

Complete 2 - 3 drills of your choice.

| <u>Drill</u> | <u>Description</u> | <u>Reps</u> | <u>Modifications</u> | <u>Time Stamp</u> |
|--------------------------|---|---------------------|---|--------------------------|
| Overhead Weighted Lunges | Lunges alternating feet, back knee does not touch the ground and chest stays off front leg, hold a weight with two hands, arms fully extended over your head | 10 each leg | Increase or decrease the weight | 04:44 |
| Wall Sits | Back flat against the wall, knees at 90 degrees, hands off your legs and hold it | 2 x 30 seconds each | Increase the time for each hold by 10 seconds | |
| Lunge Twists | Holding in a lunge position, back knee off the ground, holding a weight close to your chest with both hands, slowly rotate your upper half to the side and back to center then switch feet and repeat | 10 each leg | Increase or decrease the weight. Extend arms straight out | 05:09 |
| Broad Jumps | Feet shoulder width apart, from a deep squat, jump as far out in front of you as you can and still land solid with soft knees | 15 | Mark your distance and attempt to beat it with every jump | 05:34 |
| Planks | In a push up position on your elbows or your hands, keeping your butt tucked in and your back in a straight line, hold that position | 2 x 30 seconds each | Increase the time for each hold by 10 seconds | |



Scan for help.

Wrist and Finger Training Drills

Complete ALL of these drills.

| <u>Drill</u> | <u>Description</u> | <u>Reps</u> | <u>Modifications</u> | <u>Time Stamp</u> |
|----------------|---|-------------|--|-------------------|
| Wrist Curls | With a weight in each hand, isolate just your wrist and rotate your wrist in each of the following motions: 1. Palms facing up and pull fingers towards you 2. Palms facing each other and pull thumb towards you 3. Palms facing down and pull back of hand towards you | 15 each | Increase or decrease the weight | 05:51 |
| Weighted Snaps | Wrist only, no arm swing and using a weighted ball, snap ball with the aim for the ball to go up more than out and as many rotations on the ball as possible. Can sit on a chair or ground, resting forearm against left to ensure no arm movement. Fingers only. | 25 | Increase and decrease the weight of the ball | 06:35 |
| Knee Snaps | Hold a long sock or hand towel in your throwing hand, kneeling with throwing knee up, start with arms in the W position, snap towel under leg. This is the release point we need to train our brain and body to remember. | 25 | Use a weighted ball instead | 07:15 |



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Technique Drills

Complete 2 - 3 drills of your choice.

| <u>Drill</u> | <u>Description</u> | <u>Reps</u> | <u>Modifications</u> | <u>Time Stamp</u> |
|------------------------|---|-------------|---|-------------------|
| Launch 1.0 | From your starting pitching stance, without a ball, push off the ground with your stride foot, hips staying square to catcher and both hands coming forward together, dragging the back foot forward up and over the toe (no bowling leg). Mark the spot on the floor where you landed. Try to beat it. | 15 - 20 | Hold a medicine ball or volleyball to your chest with both hands, on the launch, throw the ball as far as you can forward | 00:19 |
| Launch 2.0 | With a wall ball or foam ball, once you are in Launch 1 position, rotate throwing arm back to W position, rotate arm forward, from here do a complete the arm circle and release ball, drag your back foot forward, squeezing knees together | 15 - 20 | Hold a weighted softball or bat vertically in glove hand to stabilize your glove side | 00:51 |
| 1, 2, 3 with Wall Ball | From a W position, bring both elbows into your sides and back up to position (like a pulse), on the 3rd one, snap a wall ball at release point into your glove or the wall, dragging back foot forward and squeezing knees together | 15 - 20 | Use weighted ball | 01:17 |
| Weighted Unravel | From a W position with a weighted ball, unravel your arm and snap the weighted ball hard to the ground, landing the ball next to your back foot. Make sure to bring your elbow in first, then forearm, then wrist to thigh. | 15 - 20 | Increase the weight of the ball; add a weighted ball to glove hand | 01:48 |
| Big Ball Unravel | Hold a volleyball, soccer ball, or kick ball between your forearm and shoulder of your throwing arm, hand turned to the side, unravel your arm landing the ball next to your back foot | 15 - 20 | | 02:08 |
| Knee Squeeze | Holding a volleyball, soccer ball or kick ball between your knees while in the W position, snap a wall ball at release point while squeezing your knees together | 15 - 20 | Use weighted ball | 02:34 |
| Wall Circles | Stand close enough to a wall with hips and feet at a 45 degree angle, with a softball in your hand trace your full arm circle on the wall | 15 | Increase the speed of your arm circle | |

| | | | | |
|---------------------|--|--------------|---------------------------------------|-------|
| Towel Drag | Place a rolled up hand towel in front of your throwing foot, do a full pitch dragging the towel forward with your drag foot; can be done with or without throwing a ball | 15 - 20 | | 02:58 |
| Stationary Flamingo | Balancing on your throwing foot with hips at a 45 degree angle, complete a full arm circle and throw the ball without putting your glove foot down . Should start and finish balancing on one foot. | 15 - 20 | Hold a weighted ball in glove hand | 03:26 |
| Take Your Mark | Start in a runners position with ball on the outside of your throwing foot, pick up ball and full pitch making sure to drive back knee up and out and bringing chest up | 15 - 20 | Add a single leg jump | 03:56 |
| Set of 3 | From a kneeling position with glove foot up and at a 45 degree angle, complete 3 full arm circles | 15 - 20 sets | Increase the speed of your arm circle | 04:20 |



Scan for help.

My Monthly Progress Tracker

Add the date to the top of the column and put a check mark in which drills you completed.

| Type: | Drill: | | | | | | | | | | | Notes: |
|---------------------------------------|----------------------|--|--|--|--|--|--|--|--|--|--|--------|
| Strength: 2-3 per session | Walking lunges | | | | | | | | | | | |
| | Wall sits | | | | | | | | | | | |
| | Lunge twists | | | | | | | | | | | |
| | Broad jumps | | | | | | | | | | | |
| | Planks | | | | | | | | | | | |
| Wrist and Fingers: ALL per session | Wrist curls | | | | | | | | | | | |
| | Weighted snaps | | | | | | | | | | | |
| | Knee snaps | | | | | | | | | | | |
| Technique: 2-3 per session | Launch 1.0 | | | | | | | | | | | |
| | Launch 2.0 | | | | | | | | | | | |
| | 1, 2, 3 w/ wall ball | | | | | | | | | | | |
| | Weighted unravel | | | | | | | | | | | |
| | Big ball unravel | | | | | | | | | | | |
| | Knee squeeze | | | | | | | | | | | |
| | Wall circles | | | | | | | | | | | |
| | Towel drag | | | | | | | | | | | |
| | Stationary flamingo | | | | | | | | | | | |
| | Take your mark | | | | | | | | | | | |
| | Set of 3 | | | | | | | | | | | |
| Full Pitches | Strikes | | | | | | | | | | | |
| | Balls | | | | | | | | | | | |