

**Pitching Drills- Remember that when pitchers work on mechanics they should not work on location at the same time. Mechanics are not focusing on results. They are fine tuning the process of delivering a baseball.**

**Arm Action Drills:**

- A. Towel Drills-hand speed
  - 1. Balance to follow through
  - 2. Front foot
  - 3. Full mechanics
  
- B. Arm Path/Wrist
  - 1. Wrist snaps
  - 2. Short lever
  - 3. Long lever
  
- C. Partner resistance

**Dry Mechanics Drills:**

- A. Mass Pitchers
  - 1. Phase I, Phase II, Phase III
  - 2. Eyes Closed-balance to follow through
  - 3. Eyes Closed-full windup and stretch
  - 4. Wall drill

**Partner Drills: (Work on fastball, change-up grips.)**

- A. One Knee-shoulder to shoulder
  - 1. Fastball
  - 2. Change-up
  
- B. Shoulder to Shoulder Rotation-standing
  
- C. Stride out
  - 1. Throwing
  - 2. Reaching
  
- D. Partner Handling
  - 1. Balance-catch-throw
  - 2. Reaching back
  - 3. Knee-stride
  
- E. Chair Drills
  - 1. Front leg
  - 2. Back leg
  
- F. Other Drills
  - 1. Pick up the handkerchief (dollar bill)
  - 2. Backside mound work
  - 3. ????

**Sources of Information:**

- 1. Don Campbell (Kansas City, Stillwater)- My high school coach
- 2. Todd Oakes (University of Minnesota)-Coaching Guidelines for the Young Pitcher (\$10)
- 3. RC Lichtenstein (Milwaukee Brewers)-Preparing to Win (\$10)