



ABCA Barnstormers Clinic

Pitching

Introduction James Lowe/Logan Crane

Plan Every Day Preseason and in season. Create a structure/routine they can follow and manage on their own.

It is a Process Don't expect immediate results. Use your phone camera to illustrate what you want vs what they are doing.

Throwing First Teaching and reinforcing good throwing mechanics from the ground up. Arm circle/Hand break/Wrist control

PRESEASON/OFF SEASON

Mr. Myagi Drills Drills they can do that create proper arm circle/path, connect front side with the back side, rhythm, and timing.

“Separate the drill from the skill”

Drills *Can be done against a wall/with a partner. Young players can use playground balls, soccer balls etc. Anything they cannot grip.*

Open Hand Wrong Foot Throw Big ball/Baseball. Blend with 4 seam grip

Big Ball 2 Hand Throw

2 Hand Slam Throw

Yoga Ball 2 Hand Throw *Figure 8 Up Down Throw*

FLAT GROUND:

45/50 ft. Slow down mechanics. Hit all of your keys. Exaggerate finish.

Build flat ground into everyday throwing routine. CH Grip 45', 90', 120'.

Towel Drills: *Can be done on mound or flat*

Up/Down/Out/Deliver Knees and feet align. Down before out. Finish w/extension. Towel target

Up/Back/Up Down Out Feel stretch through quad and glute. Starts the hip on lift

Step Back Wide stance. Land inside back foot

2x4 Drill Feel getting into the back hip vs Dipping. Back knee path

2lb Ball in Glove Brace the front side arm. Control forearm

“Blend change up grip with all throwing sessions”

IN SEASON

Daily Routine *Throwing schedule based on start/appearance/number of pitches*

Bullpens Mechanical/Feel Good/Competitive

Chart Everything *What is Important?* Throwing Strikes (60% or better) 0-1, 1-1 count Change Speeds (BB v CH) Hard v Soft Contact

Mechanicals 1 on 1, break it down, 1 or 2 points

Feel Good Grips/Location. Let your pitcher run this one

Competitive 2 in the pen. Make it a game. Live BP Pen on the field (Mid week) **H O R S E** 9 Square

I Believe:

Establish the FB

Work Fast

Throw Inside

Strike 1

14 Pitches or Less

CH over BB

Shake is Good

Stay Out of The Way

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