

Pitching Drills

Comebacker Drill

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

To allow pitchers to develop a feel for following through in fielding position, catching ground balls, moving feet toward first base, and making an accurate throw

Setup

Baseball field, pitching mound (optional), baseballs, pitchers, coach to hit or roll balls, catcher, first basemen

Execution

Pitchers line up behind the mound with first basemen lined up at first. The first pitcher throws a pitch from the mound to the catcher. Coach is at home plate with a fungo bat and a ball. After the ball crosses the plate, the coach hits or rolls a ball back to the pitcher, who fields it, steps toward the target, and follows the throw (not as exaggerated as an infielder). Also use this drill to practice double plays started by the pitcher.

