

CHAIR DRILL

Purpose

The chair drill works several different areas of the delivery simultaneously. The pitcher can practice the turning sequence of hips, torso, and shoulders as well as work on throwing-arm extension and follow-through. Balance throughout the delivery as a result of having the back foot on the chair is an added bonus.

Equipment

A bucket of balls, a folding chair or bench, and a target. (If players work in pairs, a single ball will work with the partner in a catching position for the target.)

Procedure

Place the pivot foot on the chair, instep down. The stride leg should be out in front with the foot in line with the target. The stride foot should be slightly closed and the weight should be on the inside ball of the foot. The hands start together in the gathered position, and the shoulders should be in line with the target (figure 4.1a). From this position, the pitcher will rock back for some momentum and then pitch to the target. The pitcher should end up in a balanced position, with the throwing arm extended well and the head out in front of the stride leg (figure 4.1b). The back foot remains on the chair with the top of the foot aiming down as the pitcher completes the delivery. (If the pitcher is having serious

balance problems, his stride foot is probably too close and he needs to stride it out until he can attain some balance.)

Repetitions

The pitcher should not throw hard during this drill; therefore, he can do several repetitions.



Figure 4.1 Chair drill.