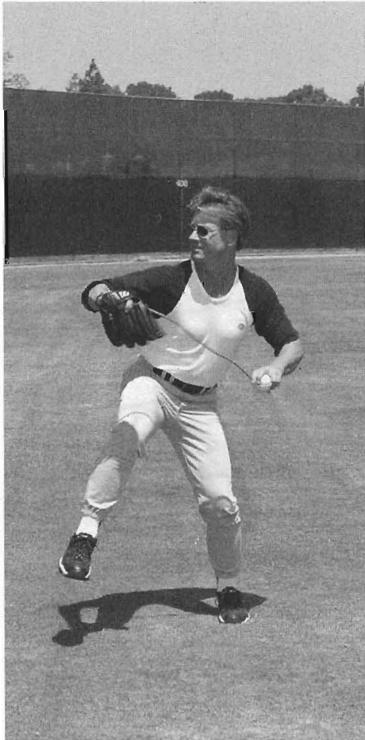


Drills for Skills

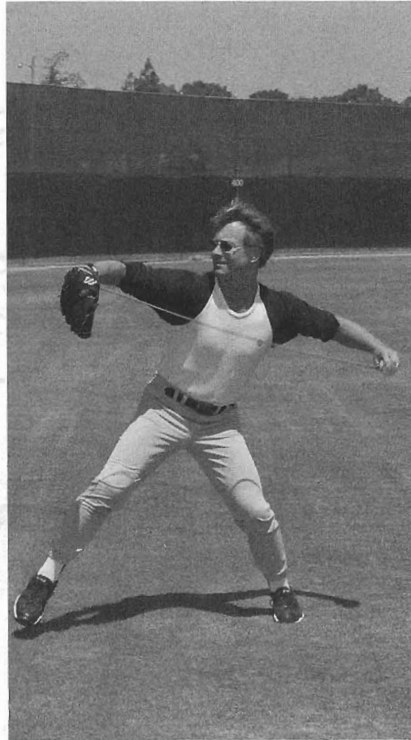
Elastic-Cord Drill

Secure 2-1/2 to 3 feet of light resistance elastic cord to pitcher's thumbs. Note that the pitcher's elbows should be slightly flexed, with some resistance from the cord but no restriction through range of throwing motion on a glove. Then play catch, or pitch, with a baseball. (This drill can also be done with a hand towel.) Make sure to take a "normal" arm path into foot strike and launch. The cord should resist but not restrict either arm. Misaligned elbows will drag the cord across upper body, neck, or face, depending on arm slot. Keep adjusting front-side elbow and forearm until the cord completely misses the body with each throw, pitch, or towel. In other words, stretch the cord into proper elbow forearm alignment, then deliver the ball or towel. This drill is cross-specific. It builds strength (with the stretching of the cord), endurance (with the throw, pitch, or towel), and mechanics (with the reinforcement of elbow forearm alignment and angle, respectively).

a



b



c

