

Drills for Skills

"Get By Me" Drill

On flat ground or mound, have a coach or another player stand with (a) exactly the same posture as the pitcher and (b) lead foot at the same distance but one foot off the line created between the posting foot and the landing foot of the pitcher at maximum stride length. Then have a pitcher throw a baseball, or shadow a towel, *without touching* the coach or other player throughout delivery. This cannot be accomplished with premature rotation. Some body part, usually elbow, forearm, or glove, will contact the "get by me" guy. If the pitcher goes past the "get by me" guy in a delivery without touching him, then he's learned to rotate late!

