

Drills for Skills

Two Knee Drill

The best drill I've found to integrate throwing and pitching release points at any distance (to tolerance) is the *two knee drill*. On flat ground, square off to your target, knees shoulder width apart. Lean forward until you feel like you may fall and tighten your abdominals and lower back to maintain that posture. With this body position, match your normal arm path with an equal and opposite glove side and rotate your torso into launch. With short, medium, and long tosses from this position, the smallest posture change or inefficient glove movement will cause the throw to miss right or left or up or down, respectively. Done properly, even Little Leaguers can throw a baseball accurately at 60 to 75 feet. Work up to 10-15 perfect tosses at 120 feet (no matter what your age or skill level). It's the longest throw you'll have to make in competition!

With pitching, you can use a baseball or a hockey puck, with or without a front-side facilitator. Set up with a partner 30 to 45 feet away, pre-set (in the glove) all your grips with proper forearm, wrist, and hand angle. Throw 10 to 15 perfect pitches each with your fastball, breaking ball, and change-up or split-finger.

