

## WALL DRILL

### Purpose

The wall drill may help the pitcher who throws over the top or high three-quarter pitcher who takes his throwing hand too far back behind his body.

### Equipment

A baseball and a fence or wall.

### Procedure

The pitcher stands with his back to the wall or fence and goes through his stretch delivery. The lower the arm slot, the farther away the pitcher should stand from the wall or fence to allow for more horizontal rotation. The pitcher should start slow so that he won't bang the knuckles into the wall or fence. An actual throw is not needed in this drill (figure 4.7).



Figure 4.7 Wall drill.