

# INSTRUCTIONAL DRILLS FOR YOUTH BASEBALL

## 1<sup>ST</sup> STATION

- (1) PITCHING STANCE
- (2) WIND-UP
- (3) BALANCE
- (4) SCOPE
- (5) THROWING
- (6) FOLLOW-THROUGH (FIELDING POSTION)

### 1. PITCHING STANCE:

- ★ **Right handed** pitchers should stand to right of the pitcher's rubber with their feet centered over the rubber and slightly turned to the 3<sup>rd</sup> base side.
- ★ **Left handed** pitchers should stand to the left of the pitcher's rubber with their feet centered over the rubber and slightly turned to the 1<sup>st</sup> base side.

### 2. WIND-UP: can either be over the head with both hands or both hands in the front ala Roger Clemens / Randy Johnson.

- ★ Have kids stand on the rubber as described in the pitching stance and proceed to take a slight step back with the foot that is opposite your pitching hand. Refer to this action as **"ONE"**.
- ★ The next action is tapping your other foot on top of the rubber and placing it down and securing it in front of the rubber in a parallel position with the pitching rubber.  
**(\*\*Make absolutely certain that the foot is down and it is straight. If the foundation foot is not stable, the entire wind-up will be affected).** Refer to this action as to **"TAP-TWO"**. The "TAP" refers to the tap on the top of the rubber and "TWO" refers to securing the same foot in front of the rubber as your foundation.

### 3. BALANCE: The balance position is a very important part of pitching. If good balance is established, the pitcher will throw

more accurately and with a higher velocity. ***If good balance is not established, the pitcher will struggle with accuracy, velocity and undo strain on their pitching arm resulting in injury.***

➤ After the pitcher completes “TWO” (foot secured in front of rubber), the pitcher will bring his front knee/leg up to the area of his chest. The knee should be brought up high and the tip of the foot should dangle toward the pitcher’s mound. This is known as the “Balance Position”. It is very important that the pitcher can keep his balance and not fall over. Sometimes this position is rushed, but the pitcher needs to be able to remain in this position for a few seconds. I like to bring the pitchers to this position and have them remain there for as long as they can. This is a muscle memory position and it needs to be rehearsed repeatedly.

★ Suggest to the kids to practice the “Balance position” at home in front of a mirror. Refer to this action as the **“Balance Position”** and/or **“THREE”**.

4. **SCOPE**: The “scope” is bringing the front elbow up in the “Balance Position” and essentially pointing it at the catcher. Your “scope” has to be in line with the catcher or the pitcher will throw inaccurately.

★ After the “Balance Position” the pitcher brings his front elbow up and points it at the catcher at the same time he brings his rear arm up and forms a right angle with the ball pointing to center field. Both shoulders should be on a level plane.

★ The throwing arm has to be in a right angle prior to the delivery. This is where the “Balance Position” is extremely important. If there is no balance and “TAP-TWO” it is rushed, there will not be enough time for the pitcher to bring his arm up into a right angle.

★ Refer to this action as **“SCOPE UP, ARM UP”** and/or **“FOUR”**.

5. **THROW**: The process of throwing the ball to the catcher.

- ★ While the pitcher has his “scope” and his rear arm forms a right angle, the next stage is to step with your front foot toward the catcher and throw the ball. It is important that the “scope” changes and is thrown down toward the front hip (to give momentum) with the glove turning upward. Ideally, you want the pitcher to throw overhand and stay fully on top of the ball. Refer to this action as “THROW” and/or “FIVE”.

6. **FOLLOW-THROUGH (FIELDING POSITION)**: This is the position the pitcher will be in after throwing the pitch.

- ★ The follow-through of the pitcher’s wind-up is crucial when preparing to react to a ball that is hit back to the mound. After you drive the “scope” into your front hip with you glove turned up, all that you do is allow your rear leg to catch up and you should finish in a fielding position. Refer to this action as “SIX”.
- ★ I would strongly suggest breaking up the steps One thru Three and Four thru Six.
- ★ Have the kids go through the routine as follows:

- ✓ **One, “TAP”**
- ✓ **Two,**
- ✓ **Three! (BALANCE)** Have the kids remain in this position for as long as possible. Relax and start over and repeat this process multiple times. Make sure their “BALANCE POSITION” is correct.
- ✓ After the kids are comfortable, restart and add stage “**FOUR**” “SCOPE UP, ARM UP” and make sure the kids are pointing their “scope” correctly and their throwing arm is in a right angle with the ball pointing to centerfield.
- ✓ From this position add stage “**FIVE**” (throw) and finish with “**SIX**”.
- ✓ Once the kids are fully understanding the routine, proceed as follows:

- ◆ ONE, TAP
- ◆ TWO
- ◆ THREE (BALANCE)

- ◆ FOUR “SCOPE UP, ARM UP” (RIGHT ANGLE)
- ◆ FIVE (THROW) - STAY ON TOP OF BALL
- ◆ SIX (FINISH IN FIELDING POSTION)

\*\* Throw the ball right back to the pitcher as he finishes his follow-through to check his reflexes. \*