

# Pitching Clinic Tips and Videos



## YouTube:

**Mike Candrea (Team USA Coach):** pitching grips and lower body

[https://www.youtube.com/watch?v=7kxl\\_hAVk-g](https://www.youtube.com/watch?v=7kxl_hAVk-g)

**Amanda Scarborough** (Texas A&M 2 time All American): Generating Leg Power

[https://www.youtube.com/watch?v=yOSMekIrl6c&list=PL8aOP19\\_fYe8j4iraul4XLHFg6PhCss03h](https://www.youtube.com/watch?v=yOSMekIrl6c&list=PL8aOP19_fYe8j4iraul4XLHFg6PhCss03h)

**Sue Enquist (5 time NCAA Champ/former UCLA Head Coach):** one knee drill tips and wrist flicks with focus on rolling ball off fingers

<https://www.youtube.com/watch?v=VIDUC-B-eGA>

**Balance Drill** (2 basics ways to practice maintaining balance.)

<https://www.youtube.com/watch?v=GRJ0CIIAZDE>

<https://www.youtube.com/watch?v=pHmlq8lyfIY>

**Powerline Progressions: Focus on mechanics. Typical to do these as warm ups before a game.**

1. Wrist Snaps:
  - The pitcher stands perpendicular to the catcher, roughly 5-10 feet in front of her. Her left shoulder will face the plate, and her feet should be set wide apart.
  - She will start with her right arm just a few inches behind her hip, keeping her wrist cocked.
  - She will bring her arm forward, snapping and releasing the ball at her hip. She will only shift her weight forward as she snaps her wrist; she will not step or drag her foot.
  - Toes pointed about 45 degrees to catcher
  - Do not lock elbow when doing this, slight arm movement is ok
2. T's
  - a. Feet shoulder width apart, slightly pointed toward catcher
  - b. Start with hips open - as you pitch close hips as you release ball
  - c. Slight shift of weight from back to front
  - d. Stay tall – no bending at hips
  - e. Be loose and relaxed - let arm follow through – do not snap it back
3. K's
  - a. Same as T's except in K stance.
4. Step K's
  - a. Same as K's except now step towards catcher
  - b. Close hips as ball is released
  - c. "knee to knee" - not literally but that motion
  - d. drag foot



## Other Drills: (We will demonstrate as the camp continues)

### One-Knee Windmill

The pitcher will walk about five feet back towards the pitching mound (three or four big steps). She will kneel on her right knee, keep her upper body perfectly straight, and perform a full windmill to pitch the ball.

### One-Legged Balance

Standing up exactly where she was for the one-knee windmill, the pitcher will balance on her right leg and pitch the ball. Her left leg should be lifted in the air, bent at the knee and forming a 90-degree angle. She can only drop this leg to the ground *after* she has released the pitch.

### 20-4 Drill

The 20-4 drill, or the 10-3 drill if you are working with younger players, focuses on strike accuracy and ball control. Pitchers start at their normal pitching distance or somewhat closer, depending on the development and skill of the pitcher. It is fine to start at half the distance and work back up to the normal pitching distance. This drill requires pitchers to pitch 20 strikes for every 4 balls they pitch. If the pitcher gets the fourth ball before getting the 20th strike, they start over. Be careful not to overwork pitchers in this drill, because it requires lots of repetitive pitching. One of the points of this drill is to keep players from focusing on speed and instead, to focus on accuracy.

### Circle Speed Drill

This drill improves a pitcher's arm rotation speed, leading to more powerful throws and controlled speed. To do this drill, the pitcher's feet should be wider than shoulder width and in a stride position, as if she has taken a small stride.

She will make three fast circles with her pitching arm, releasing the ball on the third rotation. The shoulder should stay relaxed but controlled. The purpose of this drill is to increase arm rotation speed and help pitchers release the ball with more momentum.

To help aim the ball, the pitcher should have her glove hand at shoulder height and facing the catcher, where she wants to throw the ball. After working on three rotations before a pitch, reduce it to two rotations before the pitch and finally, one rotation and the pitch.



### Walk Through (The Stroll)

The pitcher stands behind the mound two to three feet, walks forward, and, using her pitching motions, throws the ball as she walks over the mound. Teaches weight transfer and relaxation

## Important:

**Stay tall** at the release. Bring your shoulders back as your pitching arm starts its final downswing toward the release point, so you can be upright and tall at the finish. **Do NOT bend at the waist.** Bending slows down pitching speed, and often causes pitches to go high.

**Keep your shoulders level** as you release the pitch...no dipping down on the throwing-arm side.