Warm Up Routine

Double Knee Arm Behind

½ Kneeling Arm Behind

Staggered Stance Arm Behind

Long Toss

Group 1:

Mound Work: Multiple weighted balls short box first round 12 pitches; followed by 12 pitches with regular ball. Partner waits and rotates in.

Group 2:

Med Ball Work:

1. ½ Kneel Slams: 5 each knee
2. Rotation MB Throws 5 each side
3. Overhead Soccer Throws 10

Group 3:

Tire Throw Work:

1. Kneeling get up and Throw- 5
2. Step Backs- 5
3. Hook’ems or Tree Pose- 5

Group 4:

Target Throw Work:

1. Quick Pick- 5
2. QB Drop Back- 5
3. Turn and Burn- 5

Group 5

Feel Work: From 20 Feet in the Ready to Throw Position (Front Shoulder Closed, Hips Slightly Open, Toes Pointed toward target). Goal is: Feel the Difference Between Strike and Ball. How did you FEEL on that Pitch.

1. Make 5 Throws anywhere OUTSIDE the strike zone with your eyes open.
2. Make 5 Throws anywhere INSIDE the strike zone with your eyes open.
3. EYES CLOSED: Coach must point exactly where the pitch hit.
4. Make 5 Throws anywhere OUTSIDE the strike zone with your eyes closed.
5. Make 5 Throws anywhere INSIDE the strike zone with your eyes closed.
6. Make 10 Throws shooting for the strike zone. Pitcher calls his shot (Ball or Strike) as it leaves his hand. Score these with 1 point for getting it right.