**Pitching workout**

**Week 1:**

* **Day 1:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion: 20 good pitches: Record how many strikes you get out of the 20**

**Give yourself a grade based on how you think you did:**

**Grade:**

* **Day 2:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion: 10 Pitches**
  + **Game: Plus 1 Minus 1** 
    - **Start at 0. For every strike you get add 1 point to your score and for every ball subtract one point. The goal is to get to +5. If you get to -3 start back at 0.**

**Grade:**

* **Day 3:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion: 20 good pitches: Record how many strikes you get out of the 20**

**Grade:**

**Week 2:**

* **Day 1:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion:** 
    - **10 Strikes**
    - **15 pitches on the inside corner**

**Grade:**

* **Day 2:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Walk Throughs: 5-10 pitches**
  + **Full Motion:** 
    - **10 Strikes**
    - **15 pitches on the outside corner**

**Grade:**

* **Day 3:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Full Motion: 5 Pitches- Have to get 3 out 5 strikes** 
    - **Game: +1 /-1. Goal is to get up to +5!**

**Grade:**

**Week 3: Change ups!**

* **Day 1:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **Warm up: 10 Horse shoe changeups. Work on release point at the front hip and finishing your hand “in the bucket”**
  + **T-Drill: 10 Strikes( Focus on staying open, glove straight down by side, stop at wrist snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **K Drill- Horse shoe Change up( Make sure you are releasing like your about to shake someone’s hand)**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Full motion fast balls: Must get 10 strikes before you move onto change up!**
  + **Finish up with 15 good full motion change ups. Remember to sell it!**

**Grade:**

* **Day 2:** 
  + **Wrist Snaps: 5-10 Snaps**
  + **Sassy Hip: 5-10**
  + **Warm up: 10 Horse shoe changeups. Work on release point at the front hip and finishing your hand “in the bucket”**
  + **snap)**
  + **K- Drill: 10 strikes ( Focus on staying open till release point and the close finishing elbow to target) Make sure to drag your back foot: Knee to Knee**
  + **K Drill- Horse shoe Change up( Make sure you are releasing like your about to shake someone’s hand)**
  + **3 Quarter or Frankenstein: 10 good pitches ( If you are right handed start with your left foot in front and if you are left handed start with your right foot in front)**
  + **Warm up full motion fastballs and change ups till you’re a warmed.**
  + **Alternate fastball/change up to 20. Remember to sell the change up. This is also a good chance to work on inside/outside on both fastballs and changeups!**

**Grade:**

* **Day 3:** 
  + **Full Warm up!**
  + **Game situation: 3 innings: Work on both fast balls and change ups**

**Grade:**

* **After these past 3 weeks what were your strengths/weaknesses?** 
  + **Strengths:**
  + **Weaknesses:**

**The 4th week will consist of 3 practices working on your weaknesses. Include your full warm up, but if one of your weaknesses is the wrist snap spend extra time of sassy hip/tee/K drill. Write down what did for each day and remember to grade yourself on how you think you did.**