**First Workout:**

* 15 Driving off the Mound
* **10 Wrist Snap** 
  + **Good Back Spin, No Rainbows/Straight Line**
* **10 Sassy Hip**
  + **Good Back Spin. No Rainbows/Straight Line**
* **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: 10 good pitches**
* **5 Walk Throughs**
* **Focus: Fastballs**
  + **20 Good Pitches – Don’t count any in dirt or high**
* **10 Inside Pitches – Goal: 6 strikes on inside corner**
* 10 Driving off the Mound

Grade: \_\_\_\_\_\_\_\_\_\_\_ Did you Meet the Goal: \_\_\_\_\_\_\_\_\_

What did you do well/Where were your misses:

**Second Workout:**

* 15 Driving off the Mound
* **10 Wrist Snap** 
  + **Good Back Spin, No Rainbows/Straight Line**
* **10 Sassy Hip**
  + **Good Back Spin. No Rainbows/Straight Line**
* **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**
* **Frankenstein’s: 10 Strikes**
* **5 Walk Throughs**
* **Focus: Fastballs**
  + **20 Good Pitches – Don’t count any in dirt or high**
* **10 Outside Pitches – Goal: 6 strikes on ouitside corner**
* 10 Driving off the Mound

Grade: \_\_\_\_\_\_\_\_\_\_\_ Did you Meet the Goal: \_\_\_\_\_\_\_\_\_

What did you do well/Where were your misses:

**Third Workout:**

* 15 Driving off the Mound
* **10 Wrist Snap** 
  + **Good Back Spin, No Rainbows/Straight Line**
* **10 Sassy Hip**
  + **Good Back Spin. No Rainbows/Straight Line**
* **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: 10 good pitches**
* **5 Walk Throughs**
* **Full Motion Fast Balls**
  + **10 Strikes from 35 feet**
  + **10 Pitches from 45 feet, no rainbows**
  + **10 Pitches from 55 feet, no rainbows**
  + **5 Pitches from 60 feet, no rainbows, may hit dirt**
  + **5 Pitches from 55 feet, no rainbows**
  + **5 Pitches from 45 feet, no rainbows**
  + **5 Strikes from 35 feet**
    - **Key: Balls should be on line, in a line. No rainbows, may hit dirt at further distances**
* 10 Driving off the Mound

Grade: \_\_\_\_\_\_\_\_\_\_\_

What did you do well/Where were your misses:

**Fourth Workout:**

* 15 Driving off the Mound
* **Fast Ball Warm Up. ½ normal reps**
* **10 Full Motion Fast balls for Strikes**
* **Focus: Change Ups**
  + **Warm Ups with Horse Shoe Change Up**
  + **15 Full Motion Horse Shoe Changeups for Strikes**
  + **10 Pitches, Alternating Fastball and Change Up**
  + **5 Full Motion Fast Ball Strikes**
* 10 Driving off the Mound

Grade: \_\_\_\_\_\_\_\_\_\_\_

What did you do well/Where were your misses:

**Fifth Workout: Game Situation**

* **Fast Ball and Change Up Warm Up**
* **Pitcher Simulates pitching 3 innings of a game**
  + **Start with 0-0 count and pitch until 3 strike outs.**
  + **Mix up inside/outside**
  + **Mix up fastballs and change ups**
    - **Focus: Maintain same motion/technique throughout count**

Grade: \_\_\_\_\_\_\_\_\_\_\_ How many walks did you give up: \_\_\_\_\_\_\_\_\_\_\_\_

What did you do well/Where were your misses:

**Driving off the mound example:**

<http://www.weplay.com/youth-softball/drills/154-Footwork-Driving-Off-the-Mound>