Pitching Workout

January 7- 13th

Workout 1: Grade

* Warm up
  + 10 wrist snaps
  + 10 t drills
  + 10 k drills
  + 10 3 Quarter Drills
  + 5 Walk Throughs
* Full Motion
  + 10 Pitches: 5 inside and 5 outside
* Change ups
  + Warm up
  + 20 change ups from full distance: Locate your change up inside/outside
  + Alternate fastball/change up: 20 pitches total

Workout 2: Grade:

* Warm up
  + 10 wrist snaps
  + 10 t drills
  + 10 k drills
  + 10 3 Quarter Drills
  + 5 Walk Throughs
* Distance Workout
  + 5 pitches: 45 feet
  + 5 pitches: 50 feet
  + 5 pitches 55 feet
  + 5 pitches 60 feet
  + 3 pitches 60 feet
  + 3 pitches 50 feet
  + 3 pitches 40 feet
* Spins
  + You either learned a rise ball or curve ball the other day.
  + I want to you to end today with 10 minutes of spins
  + Make sure you have the correct grip (Tucked finger along the horseshoe seam for curve ball and split or tucked finger along the horse shoe for rise)
  + Make sure you are seeing the spin we talked about on Sunday.

Workout 3: Grade:

* Warm up
  + 10 wrist snaps
  + 5 t-drills with weighted ball/ 5 with regular ball
  + 5 k drills with weighted ball/ 5 with regular ball
  + 5 3 quarter drills with weighted ball/ 5 with regular ball
  + 5 walk throughs
* Full Motion
  + 10 full motion with weighted ball
  + 5 with regular ball
  + 10 pitches/ alternate inside and outside
* Warm up change up
* Alternate Fastball/Change up Inside and Outside
* Finish on 5-10 minutes of spins.