Pitching Workout

Week of December 17th- December 23rd

Workout 1: Grade

* Warm up
  + 10 wrist snaps
  + 10 t-drills (Focus on isolating wrist snap and getting to a strong front side)
  + 10 k-drills (Focus on a strong wrist snap and follow through as well as a strong drive with your back leg)
  + 10 Three Quarter Drills
  + 10 walk throughs
* Full Motion
  + 10 Fastballs(Alternate inside/outside and record how many strikes you get)
  + Warm up change up
  + 10 change ups- Working on inside and outside corner
  + Alternate Fastball/changeup (20 pitches)

Workout 2: Grade

* Warm up
  + 10 wrist snaps
  + 10 t-drills (Focus on isolating wrist snap and getting to a strong front side)
  + 10 k-drills (Focus on a strong wrist snap and follow through as well as a strong drive with your back leg)
  + 10 Three Quarter Drills
  + 10 walk throughs
* Full Motion
  + 10 pitches: 5 inside and 5 outside
* Distance Workout (The goal is to throw as hard as you can as you work further back. Try not to have “rainbows,” but they should be on a line. I would rather have them bounce once or twice.
  + 5 pitches a 45 feet( or take 5 big steps back)
  + 5 pitches at 50 feet
  + 5 pitches at 55 feet
  + 5 pitches at 60 feet
  + 5 pitches at 60 feet
  + 5 pitches at 50 feet
  + 5 pitches at 45 feet
  + End on 5 hard pitches at 40 feet

Workout 3: Grade

* Warm up all drills (snaps, tee, k drill, 3 quarter, walk throughs)
* Warm up Change up
* Throw 10 fastballs inside/ 10 fastballs outside
* 10 pitches Alternating fastball/changeup