Pitching Workout

December 23rd- December 29th

Workout 1: Grade

* Warm up (Incorporate weighted ball)
  + 10 wrist snaps
  + 10 t-drills with weighted ball (Focus on isolating wrist snap and getting to a strong front side)
    - 10 t drills with regular ball
  + 10 k-drills with weighted ball(Focus on a strong wrist snap and follow through as well as a strong drive with your back leg)
    - 10 k drills with regular ball
  + 10 Three Quarter Drills with weighted ball
    - 10 three quarter with regular ball
  + 10 full motion with weighted ball
  + 10 full motion with regular ball

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
* 10 Full motion (5 inside and 5 outside)
* Warm up change up
* 20 Full motion (Alternate fastball/ change up)
  + Record how many strikes and balls you get out of 20

Workout 3: Grade

* Warm up (Incorporate weighted ball)
  + 10 wrist snaps
  + 10 t-drills with weighted ball (Focus on isolating wrist snap and getting to a strong front side)
    - 10 t drills with regular ball
  + 10 k-drills with weighted ball(Focus on a strong wrist snap and follow through as well as a strong drive with your back leg)
    - 10 k drills with regular ball
  + 10 Three Quarter Drills with weighted ball
    - 10 three quarter with regular ball
  + 10 full motion with weighted ball
  + 10 full motion with regular ball

Workout 4: Grade (If you have time this would be a great workout to fit in at the end of the week)

Warm up with all of your drills and complete a long distance workout.

Begin at 40 feet: 5 pitches at 45, 50, 55, 60, 65 feet, and work back in.

End on 5 hard pitches at 40 feet.