Pitching Workouts

January 21st- January 27th

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 fastballs: 5 inside and 5 outside: Work on low strikes
* Warm up Change ups
* Full motion change ups: 10 inside and 10 outside
* Alternate fastball/change up: 20 total pitches: Focus on location: inside and outside
* End on 5 fastballs as hard as you can

Workout 2: Grade

* Warm up
  + 10 wrist snaps with weighted ball
  + 10 t-drills with weighted ball(Focus on isolating wrist snap and getting to a strong front side)
  + 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 Three Quarter Drills with weighted ball
  + 5 walk throughs with weighted ball
  + 5 fastballs with weighted ball and 5 fastballs with regular ball
* Spins with either rise ball or curve ball
  + 10 wrist snaps: Focus on your grip, body position, and spin
  + For curve ball do 15 t drills
  + For rise ball do 10 k drills on your knee and then 5 k-drills standing
* Finish on 5 fastballs as hard as you can

Work out 3: 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 fastballs: 5 inside and 5 outside: Work on low strikes
* Warm up Change ups
* Box Drill:
  + Complete at least 3 boxes using you fastball and change up
  + Only throw change ups on low inside and low outside corner
* Spins with either rise ball or curve ball
  + 10 wrist snaps: Focus on your grip, body position, and spin
  + For curve ball do 15 t drills
  + For rise ball do 10 k drills on your knee and then 5 k-drills standing
* Finish on 5 fastballs as hard as you can