

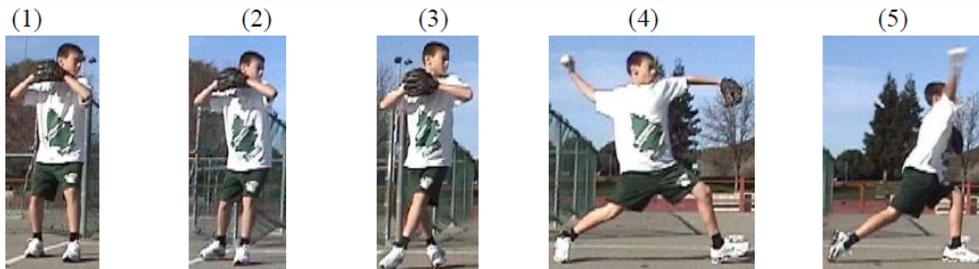
Throwing / Pitching Drills

Drill #1: 2-Knee Drill



1. Line up facing 45 degrees toward throwing side
2. Come up to 'Sharpshooter' to get glove chest-high
3. Keep head in same position and glove chest-high as you rotate to Release Point
4. Keep glove chest-high and back straight as arm decelerates

Drill #2: Step-Behinds



1. Starting position: Feet shoulder-width apart, glove placed chest-high
2. Hips lean over the front foot to build momentum and get body moving
3. Back foot moves behind front foot to "catch up" to the body
4. Front foot strikes the ground, looking over front elbow
5. Release point with glove chest-high, back foot on ground for stability

Drill #3: Crossover



1. Line up in starting stance, place front foot over back foot
2. Lean hips forward, go into leg kick
3. Stride out 6 feet heel-to-toe
4. Ball Release with glove chest-high, back straight, strong front leg