

BACK SIDE OF THE MOUND

Purpose

The back side of the mound drill is to help pitchers learn to throw out front (develop extension). It also helps a pitcher to move more on the downhill plane.

Equipment

The pitcher's mound or the bullpen mound, a baseball, and a catcher. (If the mound does not have much slope on the back side, the pitcher can throw uphill toward second base.)

Procedure

The catcher gets in the down position about five or six feet in front of home plate. The pitcher sets up behind the mound and throws uphill from the stretch, trying to throw low strikes. After several attempts, the catcher

and pitcher assume their normal positions and pitch. The pitcher will probably bounce the first couple but he will begin to feel extension and movement on the downhill plane (figure 4.8).

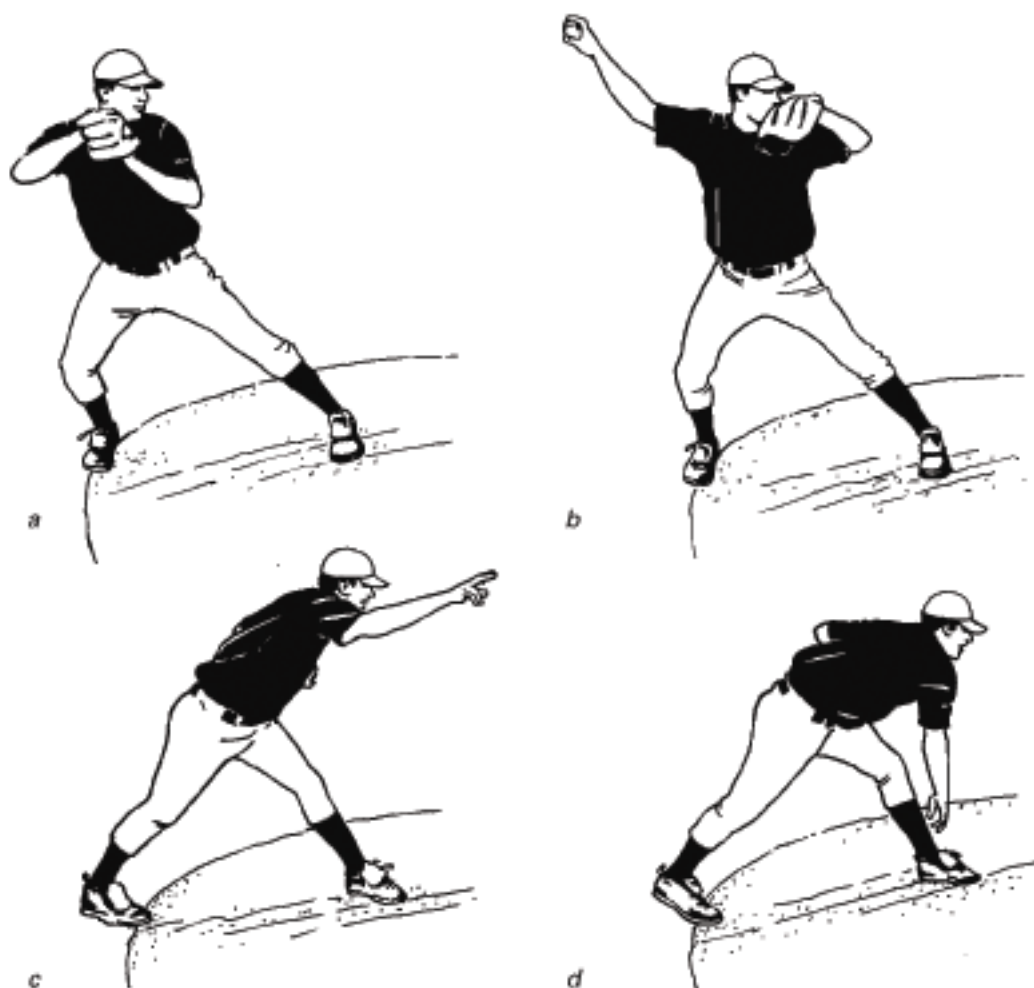


Figure 4.8 Back side of the mound drill.