

BREAKING THE HANDS

Purpose

This drill promotes the thumbs-down approach to breaking the hands.

Equipment

Baseballs.

Procedure

Kneeling on the pivot-leg knee with the stride foot in line with the target and the foot slightly closed, the pitcher will start with the hands close to the navel (figure 4.5a). He then will bounce his hands up for rhythm and bring them down to break (figure 4.5b). The front elbow will lead to the target, and the back-side arm will get into the load position with the fingers on top high in the back (figure 4.5c).



Figure 4.5 Breaking the hands drill.