

STAND-UP DRILL

Purpose

This drill is a follow-up to the breaking the hands drill. The drill promotes good direction to the plate and good balance on the front leg; it also encourages throwing out over the front side and emphasizes the follow-through.

Equipment

Can be done with or without baseballs.

Procedure

From the kneeling position, the pitcher will bounce his hands up and break his hands on

the way back down. As he drives his upper body and head toward the target, during the throw he will stand on his stride leg as he completes the pitch. After release the pitcher should be in a good balanced position with his head out in front (figure 4.6).



Figure 4.6 Stand-up drill.