

Pitching Drills

Balance Position Drill

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To help players understand how to gather energy at balance position before exploding toward the plate

Setup

Pitcher, catcher, pitching mound (optional), a baseball

Execution

Pitcher throws from a mound to a catcher at a shortened distance. Start motion from the stretch, lifting the leg and pausing for a 3-count (one, one thousand; two, one thousand; three, one thousand) at balance position (upper and lower body come together, leg slightly closed with butt cheek pointing toward catcher, glove slightly above knee, upper body not leaning back). On the count of 3, pitcher strides forward and releases the ball. This drill makes pitchers gather their energy at the balance position so that the body and arm can come forward together toward home plate.

