

4. INDIAN DRILL

Isolating torso rotation and developing the high elbow

Line up a partner about 15-20 feet away. Take a squatting position. Bring the pitching arm up to a high launch position. Hold the glove up just below the face with the elbow bent (covering the box). Go through your throwing motion, leading with a high elbow. Throw with crisp rotation, pulling back the off-arm to maximize the twist of the torso as a source of power.

