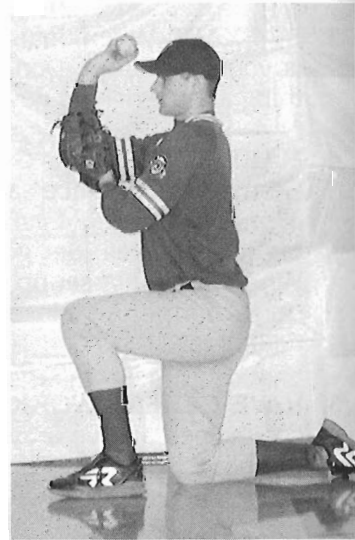


# PART I

## THE BASICS

### 1. FASTBALL WRIST DRILL

*To increase wrist speed and improve rotation by properly engaging the fingertips on release*



This drill can be performed standing or with one knee on the ground. Move about fifteen feet away from your throwing partner. Cradle the elbow of the throwing arm in your glove. Make sure to keep the elbow as high as your shoulder! Flex your wrist back so that it is parallel to the ground. Grip the ball with either a two or four-seam fastball grip. Later on you can experiment with other grips.

Forcefully snap the wrist forward on a downward trajectory aiming for your partner's chest. Keep the forearm as stationary as possible, isolating the movement to the wrist and the fingertips. Allow the hand to turn slightly clockwise (rhp). Attempt to impart as much 12/6 spin (1/7 rhp) on the ball as possible. You should feel a burn on your fingertips as the ball spins from your release.

#### **THE WRIST CAN BE FURTHER STRENGTHENED BY USING A WEIGHTED BALL.**

One way to work this drill is to do a set of ten reps with the weighted ball and then a set of ten reps with the regular ball. Always start with the weighted ball and end with the regular ball.

**For help in choosing the right size ball see page 291.**