Week of 3/16/20

Pitching:

Each drill should have 10-15 reps each

* Warm Up: You know the drill!
  + Snaps, kneeling halves, kneeling all the way around, standing halves, standing all the way around, sideways push down the line, full pitches
* Walk throughs/long toss
* A drill that focuses on what you are specifically working on in your motion
  + Drag foot positioning (leg drives, power K’s, drag shoe off, hot lava drill
  + Straight arm/Glove side use (mirror work, glove toss, power K’s)
  + Explosive drive off mound (set up a line, lunge back drill, 90° stride leg)
  + Opening door (90° stride leg stopping at power k position, power K’s, leg drives)
* 10 pitches regular with one exercise in between:
  + 50 jumping Jacks
  + 1 minute speed skaters
  + 1 lap around the field (if on a field if not high knees for 1 minute)
  + 20 jumping lunges
  + 1 minute mountain climbers
* Locate pitches inside and out (5 in/5 out)
* Work on a specific pitch if you want to throw longer