

FASTPITCH PITCHER CHECKLIST

THROW LIKE A GIRL.

PITCH LIKE A PRO.



GRIP



WALL DRILL

WRIST FLICKS



T-DRILL



K-DRILL

KNEE DRILL



FLAMINGO DRILL



3 STEP WALK ON DRILL



LUNGE DRILL



BUCKET DRILLS (SLBS ANKLE WEIGHTS OPTIONAL)

DRILL 1



DRILL 2



DRILL 3



SCAN EACH QR CODE TO SEE AN EXAMPLE OF EACH DRILL

DO EACH DRILL 10X

THEN TRY TO THROW AT LEAST 100 REGULAR PITCHES.

DO THIS 2-3X PER WEEK FOR BEST RESULTS.

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