**FOUNDATION (F)**

**Mirror**

***Creates mental and physical awareness of the pitching motion.***

***Mirror training provides instant and accurate visual feedback.***

***It helps a pitcher associate a movement with a feeling.***

**Video Analysis**

**Creates awareness by providing visual evidence of movement**

***Video analysis empowers the pitcher to correct mistakes***

***while building conviction and confidence in areas of strength.***

**5% Pitches**

**Pitching in slow motion promotes awareness and control.**

***For slow speed control, a pitcher must become highly aware of her body.***

***5% pitches arm the athlete with the tools needed to make quality adjustments.***

**Pitch Dance Dance**

**Music can get a pitcher more “in-tune” with her motion.**

***Pitching in a non-stop beat helps a pitcher identify areas of inefficiency and tension if she falls out of rhythm.***

***Repairs are done through movement not in stillness. Great for endurance!***

**Energy Leak Test**

**A pitching drill to help detect any inefficiencies in the motion.**

***The goal is to use the least amount of energy to achieve maximum results. Pitcher is asked to identify and place a physical marker at the site of any area that the flow of energy is interrupted.***

**Verbalize and Demonstrate RVP Key Edit Points**

**Speak and show each point of the motion to use a common language for players and coaches.**

***Set Position - Pre-Motion - Circle Start - 1st Quarter - Circle Peak - Foot Touch –***

***3rd Quarter - Pre-Release - Release - Elbow Release - Finish - Follow Thru***

**The Analog Clock**

**Use a 9-12-3-6 analog clock time reference to identify and communicate arm placement in the circle.**

***Circle start 6, first quarter 9, circle peak 12, foot touch 1:30,***

***third quarter 3, prerelease 5, release 6, elbow release 7 and finish 9***

**Starting Blocks**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Foot pedal angles place both legs in a bent and physically engaged position. Promotes a strong positive move from the ground. An athlete can sprint or pitch from this position.***

**Sprint Start**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Sets the pitcher in an attacking posture like a sprinter.***

***This forces power, efficiency and a rapid acceleration from the ground at start of pitch.***

**One Leg Squat Attacks**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***A drill for balance and strength training for the glutes, hip and core.***

***This movement mirrors the negative move of the pre motion of the pitch.***

**Power Skips**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Increase stride length and power from hip flexors and extensors while improving circle start timing of the arm swing. Build a databank of strong movements to be integrated into the pitching motion.***

**Standing Broad Jump**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Build the strength and awareness of the explosion up and out with the legs as the arms swing forward.***

***Feel the possibilities of power that could be found in the pre motion of the pitch.***

**Plyometric One Leg Jumps**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Increase stride length by an aggressive drive with the throwing leg and a forceful swing of the stride leg.***

***Here is the ultimate way to maximize the available energy from the ground.***

**Plyo Box**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Train the legs to drive and forcefully swing up and away from the mound***

***Fuels the appropriate flight time needed for a timely and well postured foot touch.***

**Lateral Band Resistance Walk**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Use resistance bands to improve spacing in the lateral movement and overall hip stability.***

***Then integrate the principles of good spacing and a strong lateral transfer into the pitch.***

**Skater Drill**

**Develops a strong set of pitching specific athletic and aggressive tools.**

***Power the lateral movement of the pitch in an off-ice workout that increases hip stability, strength and balance. Reinforce that rotation during this portion of the pitch is not athletically appropriate.***

**Drive! Kick!! Punch!!! Finish!!!! Self-Defense Tactics**

**Use self-defense tactics to train the attacking moves in the pitch.**

***Feel the physicality of four actual attacking strikes. Vocalize each striking word to work on breathing and aggression.***

**Off! Drive!! Punch!!! Finish!!!! Pitching Application**

**Modified self-defense tactics that incorporate pitching specific attacking movements.**

***Combination of several striking moves into the pitching motion.***

***All drills done from the mound so that the attack is learned from a legal pitching foot position.***

**Hiiii-YA’s!!!**

**Promotes proper breathing and assertiveness. Verbally commit to aggression and attack.**

***Exhaling on the pitch (the “YA”) can relax muscles, promote a greater explosion through release,***

***alleviate anxiety and force the pitcher to have a voice.***