

Ridgefield LL– Youth Pitching Session

Become Mentally Tough Enough to Overcome Any Situation

“95% of Baseball is half mental” Yogi Berra

- ***Mental and physical approach to the mound***
 - ***Visualize your pitching experience***
 - ***Positive attitude***
 - ***Prepare physically - stretch, warm all muscles, jog around field, play casual catch until loosened up, break into pitching motions.***

- ***Type of pitches to throw (change-up, fastball). Control, control, control.***

- ***Holding the ball. Grip - demonstrate with tape ball***
 - ***Four seam fastball***
 - ***Circle change***



- ***Pitching mechanics***
 - ***Full windup mechanics***
 - ***Position on rubber - right hander right side, left hander left side (rubber and landing area will play a key in this foot positioning)***
 - ***Glove and ball position at chest***
 - ***Posture - upright athletic stance***
 - ***Step back (not to side) - short rocker step***



- **Power position - leg lift**
 - **Knee up to a 90-degree angle**
 - **Body square facing place - eyes on target, shoulder pointed at target, hips at target**



- **Ball break over leg for full separation as weight shift begins**
 - **Full arm circle and range of motion**
 - **Elbow at shoulder level - check body alignment, shoulders should have no more than 20% lean**
 - **Full trunk direction should be on target - watch shoulder, hips**
 - **Release point - flexibility**



- **Follow through**
 - **Glove hand follow through - at target and pull glove to pit**
 - **Follow through over leg - landing foot direct at target**
 - **Arm should finish behind opposite hip - balance fielding position**



Drills -

- **Balance positions**
 - **One leg lift for posture and balance**
 - **Landing leg balance on follow through**
- **Dry mechanics - mirror or video tape**
- **One knee drill - focus on release point, glove hand, follow through**



- **Head and chest game - have pitchers pair off and get pitching distance away from each other. Tell them to go through pitching motion and throw to partner. If they hit partner's head (not literally), they get 3 points. If they hit their chest 1-point. First partner to 21 points wins. You can even combine changeup catch with this drill.**
- **Practicing pitching to zone (split plate into 3 zone and practice pitching to each). Stay in zones for 3-5 pitches, have catcher move body and target for each zone.**

"If you think you can, or if you think you can't.... you're right"