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Hi Mac Coaches Clinic Throwing & Hitting Drills

Throwing Drills:

1. Finish the throw – Elbow up, Arm in front, Fingers behind the ball, Full extension. Grip: Two fingers split across the seams (horseshoe) and thumb on the seam underneath. **Problems to watch for** – low elbow (below the shoulder), don't finish throw – short arm it. Full extension.
2. One knee throw – shoulders turned, Throwing knee on the ground, stride foot pointed at your target, rock throwing arm down and around, elbow up, look at hand – fingers behind the ball, lead arm up, elbow pointed at the target, arms are equal and opposite – rock it three times before throwing (create good habits). **Problems to watch for** – low elbow, arm doesn't go down and around (straight to the ear), fingers in front of the ball, elbow drops during throw (side arm), follow through.
3. Standing throw – Standing parallel (no stride, feet don't move) to your partner (sideways), similar to previous drill except now you're standing. Rock throwing arm down and around, elbow up, look at hand – fingers behind the ball, lead arm up, elbow pointed at the target, arms equal and opposite – rock it three times before throwing (create good habits). No stride-hips rotate, feet don't move. **Problems to watch for** – low elbow, arm doesn't go down and around (straight to the ear), fingers in front of the ball (push the ball), elbow drops during throw (side arm), follow through.
4. Ten Toes – Standing with all ten toes pointed at your partner (feet don't move). Same drill, but now we include the hips. (Hips deliver the shoulders which deliver the arm) Rotate hips, turn shoulders, throwing arm down and around and up to a throwing position, fingers behind the ball. Lead arm comes up with elbow pointed at the target, arms equal and opposite. **Problems to watch for** – lack of full rotation, arm doesn't go

down (straight to the ear), elbow doesn't get up even or above the shoulder, lack of follow through.

5. Step and Throw – Facing your partner, step, turn shoulders, arm goes down and around and up to throwing position. Lead arm up with elbow pointed at the target, arms equal and opposite. Throw and follow through (put it all together). **Problems to watch for** – Arm doesn't go down (straight to the ear), elbow doesn't get up even or above the shoulder, lack of follow through. Elbow drops – side arm throw.
6. Long Toss – Face partner, crow hop, turn shoulders, arm down and around, elbow up, lead arm – elbow pointed at the target, arms equal and opposite. Follow through. **Problems to watch for** – Arm doesn't go down (straight to the ear), elbow doesn't get up even or above the shoulder, lack of follow through. Elbow drops – side arm throw. Watch for back shoulder to dip – throwing up hill. A little arc is good, but too much is bad, especially if their lead shoulder goes up and their back should drops. Keep shoulders level.

Hitting-Tees Drills:

1. Half Bat Tees – Stance slightly over shoulder length apart (you can jump up and land to get the usual power stance). Lead foot is half a step back from the tees. Lead arm has half bat. Grab shirt with other arm. Say “Set” – Get the hands moving. Lift hand and half bat into power position (slightly up from comfortable stance). Say “Stride” – Slight leg kick, step forward towards ‘pitch’. Keep stride leg stiff. Say “Swing” – Bring bat directly to the ball without letting hands drop. Rotate hips with the swing. **Problems to watch for** – Kids don't lift their hands on ‘Set’. Want to get hands moving into power position. Kids drop their hands before bringing the bat to the ball. Do not swing ‘A’ to ‘B’ to ‘C’. Avoid the slow pitch softball swing. Kids stride and swing at the same time. Its two separate things. Don't lunge forward when swinging. Keep the head still.
2. Full Swing Tees – Stance slightly over shoulder length apart. Lead foot is half a step back from the tees. Both hands on bat. Make sure the ‘door knocking knuckles’ are lined up. “Set” – Get the hands moving. Lift hands and bat into power position (slightly up from comfortable stance). “Stride” – Slight leg kick, step forward towards ‘pitch’. Keep stride leg stiff. “Swing” – Bring bat directly to the ball without letting hands drop. Rotate hips with the swing. **Problems to watch for** – Kids don't lift their hands on ‘set’. Want to get hands moving into power position. Kids drop their hands before bringing the bat to the ball. Do not swing ‘A’ to ‘B’ to ‘C’. Avoid the slow pitch softball swing. Kids stride and swing at the same time. Its two separate things. Don't lunge forward when swinging. Keep the head still.
3. Soft Toss – The ‘thrower’ is diagonally in front on one knee. Show the ball to the batter. Say ‘Set’ (same action as above). Bring the ball back, say ‘Stride’ (same action as above). Bring the ball forward and toss without an arc on it to the batters front hip. Say ‘Swing’ (same action as above). **Problems to watch for** – The ‘tossing’ is very important. Do not put an arc on the ball. If you put an arc on the ball, the batter will have a tendency to

drop their hands. This is a quick hands drill. Do not be in a hurry. Give the batter time to set up and get in a good stance each time. It may take a few tries to get the rhythm.

4. Golf Balls – Sitting or on a knee a few steps in front of the batter, give a firm and direct overhand toss. We are no longer saying ‘set’, ‘stride’, ‘swing’, but the hitter should follow that same method in the swing. **Problems to watch for** – Do NOT revert back to bad habits.