

FL BASEBALL

8-12 reps of each drill is recommended

Mechanics ~ Many of these drills can be done with a towel to save on the arm. Work on mechanics every practice.

Drills: Stride out, stride out with finish, balance, one knee, Reach, full wind up.

Accuracy ~ Always throw to a target – use a disciplined throwing program when warming up.

Drills: Short toss, stride out with finish, long toss, zone throws, flat ground.

Grips ~ Always experiment with different grips to find something your comfortable with to improve accuracy and get more movement on the ball.

Types: 2 seam FB, 4 seam FB, change-up, curve, slider.

Drills: Playing catch, long toss, BB flips, flat ground and mound work.

Bullpen Session – Use for practice and pre-game.

- Proper warm-up and stretching!
- 30-40 pitches max.
- Throw 80% - work on accuracy, mechanics, grips...last 6 pitches can be 100%.
- Half of pitches from wind up and half from stretch.
- Example – throw 8 FB's, 6 CU's, 4CB's from wind up...then do the same from the stretch. Don't mix up the pitches.
- Have a plan...work inside-outside, high and low.
- Eye on the target all the time.
- Run and ice after every session.
- For games, don't warm up too early – finish as close to game time as possible.

Arm Care

- Proper warm up and stretching
- Monitor number of throws in practice. Monitor pitch counts in games.
- Use towels to practice when applicable.
- Running should be a part of every practice. Run on off days to improve recovery.
- Ice and compression improve recovery time.
- Stress communication regarding sore arms.

Conditioning – Pitchers need to understand the benefits

- Cardio exercises to improve endurance and prevent injury
- Flexibility exercises to increase velocity and prevent injury.
- Core strength exercises to improve velocity and control.

PFP's – (Pitchers Fielding practice)

- Work on pick-offs – fielding bunts, covering 1st, backing up bases, pitch outs..