

Towel Drills

Equipment: 16" Towel and glove.

1. The pitcher will come to his set and go through a few deliveries. After his stride has been accomplished the partner will kneel approximately 5 – 6 feet from the pitcher. The partner will raise his glove at eye level for a target for the pitcher.

The pitcher will throw with the towel placed between thumb and middle finger of the throwing hand with about 12" of the towel showing. From either his wind-up or stretch the pitcher go through his motion and try to hit his partner's glove. The towel should be snapped through the middle of the partner's glove. If the pitcher has missed in any direction, the pitcher's balance is off. This drill will help all pitchers with proper balance and an effective release point. Finish with approximately 15 – 20 repetitions.

If there is only one person, then use a folding chair and place it a little farther than your landing spot.

Aim for hitting the edge of the seat, if you are hitting the middle of the seat than move the chair farther from your landing.

2.. To increase balance strength, Go through your motion and pause when your front leg lands and your back leg is squashing the bug. See the image.



Hold this position, while exposing your chest towards the chair or partner. Start with your hands together at your chest. Separate hands and make a T with your arms. Your glove arm should be pointed towards your target while your towel arm should be raised above your shoulder. Come through with the towel and reach as far as you can to hit your partners glove or the chair.