



78TH Precinct Youth Council Pitching Instruction

Drills

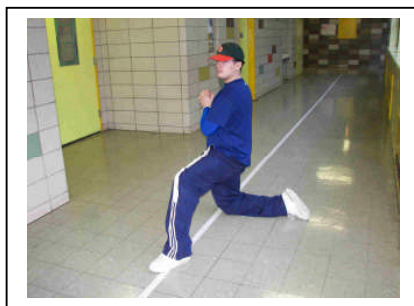
Improving Balance

To achieve excellent balance, stand on a small pillow with your back foot for 10 seconds at a time until it is easy and seems to be effortless, add 5 seconds every time you feel it is easy.



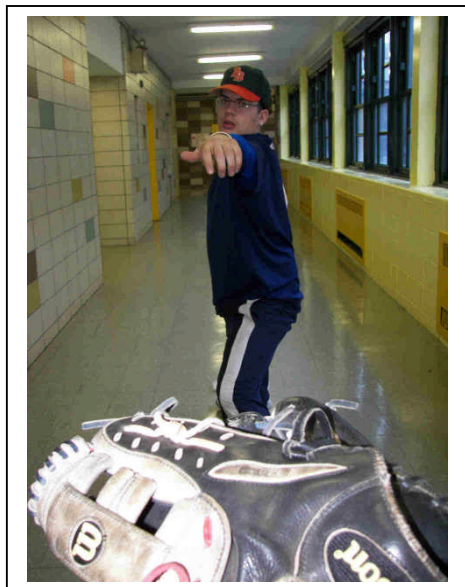
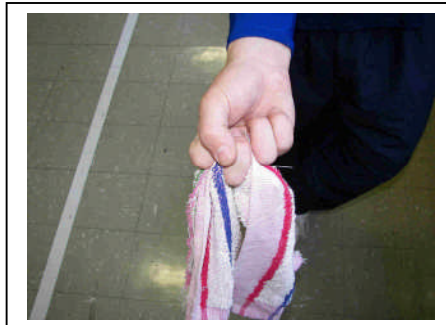
Hip Rotation-Sit Up Drill

Kneel on you back leg with your landing foot out to the side as if you landed already. Then act as you are throwing a ball and force your back leg up and into your final finish position.



Follow Through-Towel Drill

Take a full stride then add an additional 5 steps from a couch, bed or person who will hold out a glove. At that point mark off a pitching rubber or starting point. Wrap a small towel around the middle finger of your throwing hand as noted in the above picture. Have someone hold a glove at about your waist height from where you starting to mark off your position. Assume the set position, then the glove with the towel. End in a balanced finish position.



A special thanks to Marc Jussier, Jr.