

Thank you to Morgan Stephens for sharing these drills with the Mount Horeb Softball Club following her pitching clinic this past spring (May 2019)! We continued to use many of these drills during summer team practices too.

Morgan also suggested videos by Rita Lynn Gilman. See this video for quick tutorial of various [fingertip, wrist/whip drills](#) to get you started.

Skill	Drill	Sugg. Reps
<b>Grip &amp; Finger Scrapes</b> <ul style="list-style-type: none"> <li>● Grip: Backwards “C” grip</li> <li>● Middle three fingers on the seams</li> <li>● Loose grip!</li> <li>● Pressure on the fingertips - rip the ball off the fingers</li> </ul>	<b>Two-finger scrapes</b> <ul style="list-style-type: none"> <li>● Your catcher holds 2 fingers (no ball) near hip release point</li> </ul> <b>Three-finger scrapes</b> <ul style="list-style-type: none"> <li>● Scrape fingers off ball your catcher holds behind your release point</li> </ul>	1 min each
<b>Snap – wrist motion</b> <ul style="list-style-type: none"> <li>● use your fingertips – put pressure on them, not on your wrist</li> <li>● fast wrist snap to generate spin</li> </ul>	Snaps into the glove	20
<b>Spin on the ball – why do we care?</b> <ul style="list-style-type: none"> <li>● Creates movement and speed</li> </ul>	<b>Snaps from the knee</b> <ul style="list-style-type: none"> <li>● Kneel on your right knee with your left leg out in front of you and your left foot at a 45 degree angle (not pointing at your catcher). Point your glove at the catcher and the ball behind you forming a “T.” Move both arms down together, releasing the ball at your hip.</li> </ul>	15-20
<b>Body Position</b> <ul style="list-style-type: none"> <li>● Open vs. Closed - always be open! (hips “open “ towards 3<sup>rd</sup> base instead of directly facing catcher)</li> <li>● Release point is at the back hip</li> <li>● Stand tall, no leaning/slouching</li> </ul>	<b>K drill</b> <ul style="list-style-type: none"> <li>● Start in the “K” position (hips open to 3<sup>rd</sup> base, glove hand up in front of you with palm towards catcher, and ball hand behind you raised up) Pull both arms down together, releasing the ball at your hip</li> </ul>	20
<b>Arm Circle</b> <ul style="list-style-type: none"> <li>● Position <ul style="list-style-type: none"> <li>○ Arm stays close to the body but doesn’t go behind the head</li> <li>○ Wrist position - stay forward - don’t worry about turning at the top</li> </ul> </li> <li>● Speed – quick, and loose/relaxed</li> <li>● Common mistakes <ul style="list-style-type: none"> <li>○ Tightening up</li> <li>○ Arm circle in front or behind the head</li> <li>○ Shortening up</li> </ul> </li> </ul>	<b>Wall Drill</b> <ul style="list-style-type: none"> <li>● Stand facing wall and do arm circles</li> <li>● Speed them up - flexible and fast</li> </ul>	25

<p>The push off and step</p> <ul style="list-style-type: none"> <li>● Push from your front foot (for right handed-pitchers, this will be your right foot)</li> <li>● Push off at an angle (up and out) - like a sprinter</li> <li>● Turn your plant foot (your left foot for right-handed pitchers) to open your hips</li> </ul>	<p>Sprinter progression (no pitch)</p> <ul style="list-style-type: none"> <li>● Push foot launches toward catcher (drag toe)</li> <li>● The plant foot steps and turns</li> </ul>	<p>10/10</p>
<p>Weight back – pitching off the back leg</p> <ul style="list-style-type: none"> <li>● Plant foot keeps you from falling forward (left foot for right-handed pitchers)</li> <li>● Weight should be mostly on the back (push) foot</li> </ul>	<p>Flamingos or modified flamingos</p> <ul style="list-style-type: none"> <li>● Pitch from an open position with the front leg off the floor or just barely touching (do the full circle pitch)</li> </ul>	<p>15</p>
<p>Step to Open</p> <ul style="list-style-type: none"> <li>● Power Line - Draw a line from the middle of the pitching rubber to the catcher. You should land on that line (middle or heel of the plant foot should be solidly on the line)</li> <li>● Push Foot vs. plant foot <ul style="list-style-type: none"> <li>○ plant foot does the turn</li> <li>○ push foot stays forward</li> </ul> </li> </ul>	<p>Step and Freeze - no release</p> <ul style="list-style-type: none"> <li>● Check your arm - make sure it's not behind your head or short</li> <li>● Check your hips - are you open? (consider doing these in front of a mirror, no ball needed!)</li> </ul>	<p>5</p>
<p>The Finish</p> <ul style="list-style-type: none"> <li>● Follow Through (don't close up your hips early)</li> <li>● Loose with the follow through - don't worry about pointing the elbow</li> <li>● Drag back "push" foot to figure four position behind your front plant leg <ul style="list-style-type: none"> <li>○ Some turn back to square up is ok but keep your hips open when you release</li> </ul> </li> </ul>	<p>Full pitch</p>	<p>15-20</p>

**Some other drills and videos you may find helpful:**

[Slower-speed arm circles](#) (often used as warm-up) – Amanda Scarborough

[This 1-pager](#) steps through a full warm-up and pitching practice routine (requires catcher) – Stacy Birk

Instructional video (no drills) on [staying tall, on the power line, pitching efficiently](#) – Jennie Finch