

2020 PITCHERS DAILIES

CORE BALANCE

<p><u>Leg Kick Balance:</u></p> <ul style="list-style-type: none">- Set position to start, knee up, toe tap behind, knee up, stride (no throws – finish in stride position)- Rotate between 4-seam fastball, 2-seam fastball, changeup, curveball grips with ball
<p><u>Leg Kick Toe Taps:</u></p> <ul style="list-style-type: none">- Set position to start, knee up (front knee to back hip to corkscrew hips), toe tap to ground, repeat- Hands should move in sync with knee during leg kick, head should remain still with no sway
<p><u>Ball Pick Up Drill:</u></p> <ul style="list-style-type: none">- Set position to start with ball placed in front of back foot toes, knee up (front knee to back hip to corkscrew hips), reach down and pick up ball, and return to leg kick balance position with ball, then reach down to return ball back to ground (this is one rep: picking ball up and putting ball down) <p>NOTE: I also do ball pick ups off the front leg from full extension position – back leg up even with back, bottom of back foot pointed straight up, flat back, glove tucked, throwing arm reaching down to ball out front of foot (pick up ball, stand up, back to full extension to place ball down for 1 rep) – 2 sets, 10 reps each</p>
<p><u>Modified Hershiser Drill:</u></p> <ul style="list-style-type: none">- Hand against a wall/fence at shoulder height and arm's length, lift leg into leg kick (corkscrew hips) and sit into "ride the slide position"
<p><u>Ride the Slide Drill:</u></p> <ul style="list-style-type: none">- Set position, leg kick with sitting into back leg and corkscrew hips, "ride the slide" into the stride
<p><u>Step Back Drill:</u></p> <ul style="list-style-type: none">- Set position and take a step back into rear leg, sit into back leg and corkscrew hips (slide step type position – "knee to knee") and stride
<p><u>Hop and Load:</u></p> <ul style="list-style-type: none">- Start in leg kick balance position and hop, hop, hop and hold to feel load into back leg (only)- Focus on hands in leg kick position (together near cheek with arms in A-frame shape) <p>NOTE: only complete the first part of what's demonstrated in the video (hop, hop, hop, stride)</p>
<p>Pitcher's Squats (similar to Hop and Load but done in stationary position):</p> <ul style="list-style-type: none">- Back leg – from leg kick balance position, "sit" into load position by thinking sit not knee bend (knee will bend naturally but keep knee from collapsing inward in order to load up on back leg – keep full foot in contact with ground as we attempt to push as much force into the ground as possible on the squat loads)- Front leg – from full extension position, squat up and down on the front leg keeping in full extension position (back leg up even with back, bottom of back foot pointed straight up, flat back, glove tucked, throwing arm dangling down)

*2 sets of 10 reps per set with no throwing for each Core Balance drill (incorporate pitch design as progression)

*Below are images that show the front knee to back hip at top of leg kick to hip and heel lead into stride:



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SHADOW MECHANICS

Full Windup Stance: toes hanging over the pitcher's rubber, slightly angled to throwing arm side.
Drop Step: small and controlled, keep head still over pivot (back) foot and looking at target.
Pivot: pivot (don't lift) back foot ensuring full outside of foot gets in contact with pitcher's rubber and full foot is in contact with the ground.
Leg Kick: raise front knee to back hip (knee to belt buckle height), hands raise with knee (glove to cheek), keep head over back foot, slight bend in back knee for balance.
Hip Load: lead hip is first to move down the mound, must load into back hip/leg pushing force into the ground and "sit"
Heel Lead: stride leg heel leads leg down mound toward target to keep front side closed and hips loaded into the back leg ("ride the slide" – hips should follow the slope of the mound).
Stride Landing/Position: front foot should land slightly closed with full foot transferring force that was driven into ground on back foot to max out force into ground now with front foot, lead elbow direction (keep shoulders closed), throwing hand should reach the "high cocked" position (elbow at shoulder height, hand above elbow height, ball pointed away from pitcher's head), stride should be max 90% body height (front foot lands with back foot still engaged with pitcher's rubber).
Hip Explosion – three things: fire back hip, tuck glove and back heel to the sky (toe still engaged with pitcher's rubber) -arm will come around to match shoulders (elbow lead), hand behind ball, face to target (chin lead) and chest flexed as the bow.
Finish – use front leg for leverage (get back hip over front hip), glove side elbow drives back to bring throwing arm forward (replace front shoulder with back shoulder), chest over front knee (should be in full extension position before back foot lands).

*Complete 5-10 reps going step by step above to check positioning and balance at each step. Then once comfortable at each step, use a towel in place of a ball and complete 5-10 reps of the full pitching motion with focus on whipping towel to ensure full extension and finish.

*Next complete 5-10 reps of all stages and full pitching motion with towel out of stretch (add base runner holds, looks and timing variations for game-like situations).

*I like to use this clip of [Zack Greinke's pitching mechanics](#) in slow motion as a comparison

*Below are images that show hand separation (fingers on top of ball) to stride with front side closed:

