

St. James Pitching Clinic

January 6th, 2017

Ness School

1. Welcome and Introductions.
2. Outline, (key areas of focus)
 - a. Relaxed for Results
 - b. Balance
 - c. Leg Drive
 - d. Hand position and arm angle

3. Basic Pre Workout Throwing Drills

- a. Wrist flip
- b. Reach back with relaxed arm
- c. Goal Posts (Arm Position and Front side arm Position)
- d. Step behinds
- e. Positional Catch
- f. Quick Hands

4. Drills for Pitching

- a. Forward relaxed arm
- b. Wide base, follow through laces Down.
- c. Follow through leg up
- d. Follow through and bring leg into fielding position
- e. Go through set
 - Touch on small step
 - Hip Pocket to catcher
 - Weight on inside of foot (Crossover Drill)
 - Back leg drive (Knee to Knee drill)
 - Arm Path
 - Follow Thru and Finish.

5. Questions and Drill Sharing
