



Perry Pitching Drills

1. Balance (hold for 10 seconds)
2. Ball Pick Ups (5 reps)
3. Hershiser Wall Drives
4. Rocker (mechanics on a line or balance beam)
5. Chair
 - a. Stretch position, load, come to L's, finish with laces of shoe down
 - b. Facing chair, 3-4 inches away, left shoe slightly on chair, stride and finish
6. Stretch (decline balance beam)
7. 3 stripe commands (5-5-5)
8. 45 foot drills (location using all pitches)
9. Long Toss (60-90-120) using all fastball and changeup grips