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Hi, I'm Coach Emmitt Carney. Today we'll be dealing with pitching. In our first video, we will deal with the mechanical drills of pitching to help you throw this baseball consistently for strikes and help you take less wear and tear on your arm and make you a more successful pitcher.

I hope that you'll pay attention and pick up some of these helpful tips that may prolong your life as a pitcher.

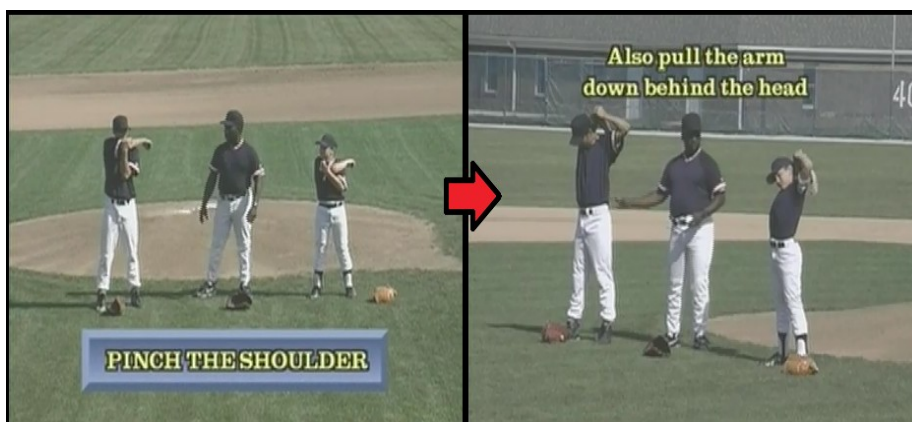
Before we even pick up a baseball, guys, to even throw, the first thing we need to make sure we do is that we warm our bodies up properly to throw. Never, ever throw to warm up. And what I mean by that is don't show up, pick a ball up, and yourself getting warm by throwing a baseball.

What you need to do is warm your body in being prepared to throw the baseball. Whenever you go to practice, I can't stress this enough, you need to warm your body up to throw. So what we're going to do is, with J and Timmy's assistance, I'm going to show you a couple exercises that's going to help you.

One of the things I like to have them do first, which we won't do today, is run. And when we run, I like to have them run with the baseball in their hand. You may ask why do we do that.

We run with the baseball in our hand to get a feel for it. We want you to be comfortable. Spend as much time as you can. So for running.

Let's put a ball in our hand, work on the four-seam grip, two-seam, across the two short seams, but get a feel for it. Once they've ran, they've got a little sweat going, then we're going to come in and we're going to stretch. Okay, just drop your glove.



We're going to do what we call pinch to shoulder. They're going to take the right arm across their chest and they're going to grab it. What we're going to work on here is concentrating on stretching the rotator back in here. We're

getting that loose. Especially with the throwing arm since we've got two right-handers.



Another drill, we can take the arm behind the back, pull the elbow down, and try to stretch as far down as you can. Really getting a good stretch. Now we can switch over to the left side, doing the same thing. Reach down your back. Don't hurt yourself. Nice and controlled.



Let's put our hand out and with fingers up, what we're going to do is pull our fingers back. You're going to get a little pull right here in the forearm.

We're getting our whole body ready to go, because the wrist is going to play a big factor along with the forearm. Now you can

rotate that down, palm out, then you get another pull. And you get that flexibility there. Now let's go to the left arm. Fingers up. Down. I cannot stress the importance of making this a daily portion of your routine.



Now what we're going to do is we're going to take our right arm, put it behind our back, and I'll turn around. And what we're going to do is pull our right arm to our left and pull our head to the left and get it stretched.

There you go. Now we can switch to the other side. Again, getting the neck loose while also getting the torso upper loose.

Now we can spread our feet a little bit wider and shoulder width. What we'll do is we'll rotate to the right and we're going to take our right elbow and put it outside our left knee. Rotate. Come on forward.

And get a good bend down there. What this will help you do is simulate the finish in your mechanical motion. Now we can rotate also to the left. This is also stretching the lower hamstring, getting a good stretch in the rear leg. Come on straight up.



Another thing you can do is, if I'm with J, I can pull his arm up. I can put an L in here and I can ask him to gently pull forward. Pull forward. A little bit of isometrics. I can also pull the arm down. No. Relax. Now pull forward. And get a little bit of

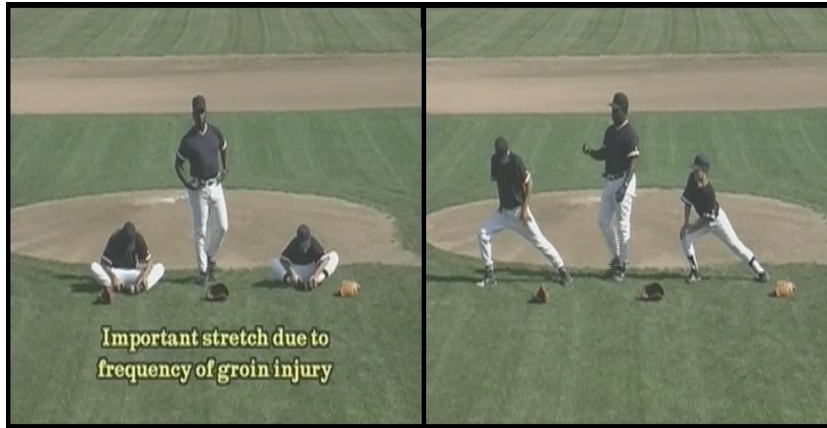
strengthening. I can take both hands and ask him to extend his arm, and what I will do is when he gets a little tight, he will let me know. But we're trying to gain some flexibility here.



Now I'll ask him to sit down. Put your right leg over your left. And now you're going to hook this outside, what I call a pretzel, and he's going to pull his leg going to the right, and he's going to pull the opposite way with his left and he's

going to look behind him. Get a pretty good twist right here. Now we can switch to the other side.

Also concentrate on your breathing when you're doing these exercises, okay? One of my big ones is now I want you to pull your feet up under you. Pull your feet together. Pull them up under you. We're going to work on the inside of the groin. Grab your ankles. Now we're going kind of push down on the inside part of the thigh. This is a big preseason injury.



A lot of guys will hurt their groin because they do not properly stretch. You've got to understand, guys, when you're in high school and your season's limited to 20 games a year, if you blow something here, now you've ruined your chances of having a successful year because you're going to miss probably about half your season. That's

another good one.

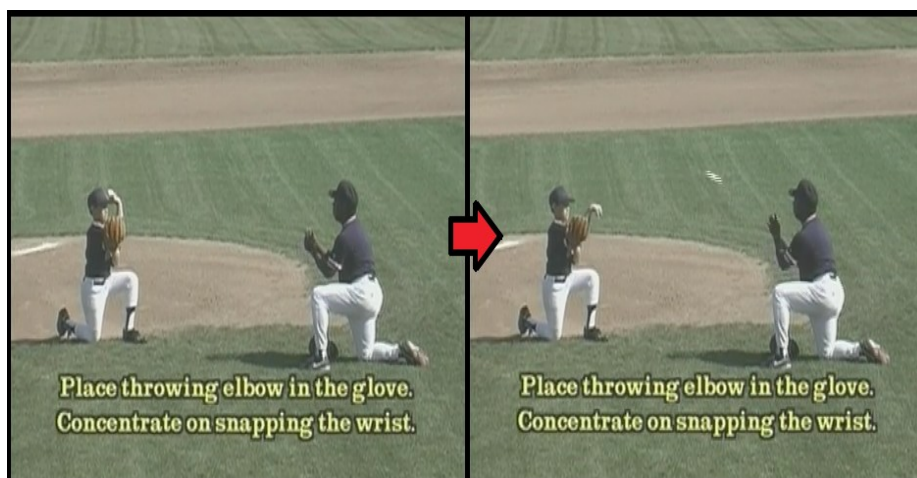
Now let's stand up a little bit. Spread your feet wide and what we'll do, we'll just kind of get a little groin action here to make sure, because we're going to really use our lower part of our body. Feel your body. It ought to be sending messages to your brain. See if you can see that muscle in here stretch and know when it's too tight. Now let's go the other way. That's good.

These guys should be ready to go. It's a pretty warm day. Remember. Different body types require longer. With me being as old as I am, it's going to take me a lot longer than J, it's going to take me a lot longer than Timmy, but it's going to take Timmy a lot longer than J. So remember. You've got to take care of your body.

Warm your body up to throw. Never throw to warm up. If you go to practice, take it upon yourself to get there a little bit early. Develop your own routine of what's going to help you and what your problem spots are going to be, so you can concentrate on that and not run the risk of hurting yourself.

Now that we've properly warmed our body up and we're ready to throw the baseball, I feel that we should start our day with the mechanical drills. I believe in this routine, and whether it's game day, practice. I like to make mechanical drills a part of your daily routine. In my opinion, I think it helps create good muscle memory. You get that daily dosage of muscle memory that helps you to stay sharp.

So the first drill we're going to do is I'm going to use J here, and we're going to work on the wrist drill. The reason we're working on the wrist drill is because a lot of guys do not use their wrist. If you use a wrist, and you'll see as we go along, along with a glove tuck you may gain 2-4 mph more on your fast ball.



So what we're going to do is we're going to start with the wrist drill. I'm going to have J drop down right here. He can either do it on one knee, he can do it sitting. But the purpose is to work on the wrist.

So what I'm going to do is have him take the ball, he's going to get his throwing elbow up, shoulder high at least – don't lean on that front side, there you go – and he's going to work on just snapping the ball with his wrist. What I'm working on is just the wrist. Getting a good snap. Excellent.

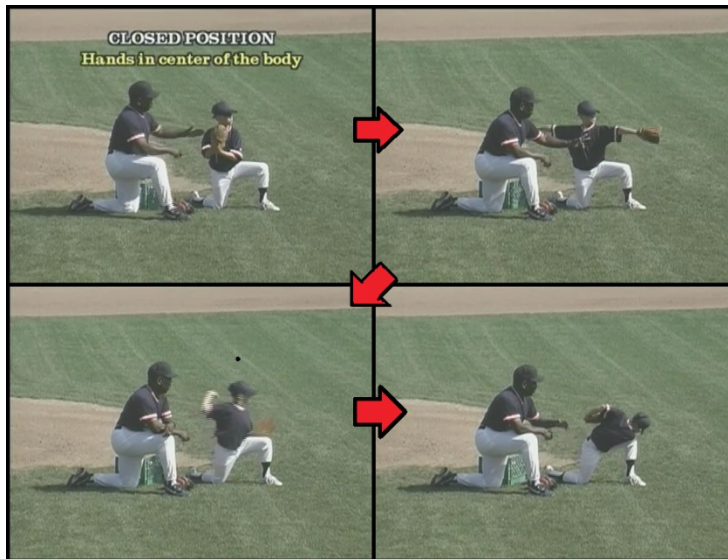
This is going to give you an extra velocity on the ball and good movement. Give you a good live pitch. Excellent. Notice he's getting a good snap on it. Two fingers and a thumb, the way he's gripping it. The elbow's got to be at least shoulder high. This is something you can do between TV commercials when you're sitting around watching TV. It's an excellent drill.

You can do it with your mom, you can do it with your dad, your little sister, your grandmother. As you can see, it doesn't require a lot of work. What I would urge you to do is do maybe 15 or 20 and then relax and maybe do another 15 or 20. Get your body functioning on all cylinders. From the smallest part to the biggest part.

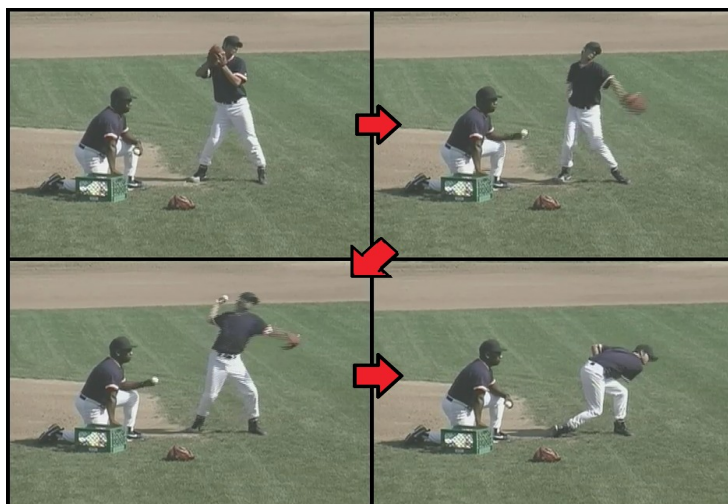
Again, this is a wrist drill so what we want to make sure is that when J does this, he's got his elbow up at least shoulder high. If he took his glove and folded it, it's very important for this elbow to be at least shoulder high.

He's going to use two fingers and a thumb, and then he's going to just snap his wrist. Snap. Work on a good wrist snap. Here we go. Ready? So as you can see, you don't need the baseball; you can still work on this at home. Go ahead. Snap.

PART 2



What Darrell is doing here is what we call one-knee drill, bury the shoulder. And what Darrell's going to do is he's going to start with his hands up, center of the body. This is what I refer to as a closed position. Now, it's very important that we work on, one, he's going to finish on his follow-through, but he's also going to work on his separation of hands. And when he separates – separate – he separates down.



He's got his glove open. We've got the scarecrow position or what I call the T position. The thumbs are down. Notice how his body's closed. If he's on a mound, his front side should be able to be read by the third baseman. He's got his eyes focused on the target. At this point he's going to finish.

When I say finish, he will glove tuck, he'll form an L in his arm, throw, and follow through. Finish. What I like to see him do is really

get this shoulder down because as the arm develops speed, it is very important to let the shoulder and back muscles do their job and naturally slow the arm down. Okay? Here we go. Let's try it again.

He's going to separate and go. Go. Work on a good follow-through. When he finishes off, what I like for them to say is 1,001. One of the tell-tale signs of a pitcher is getting tired – go – is that he will start finishing higher.

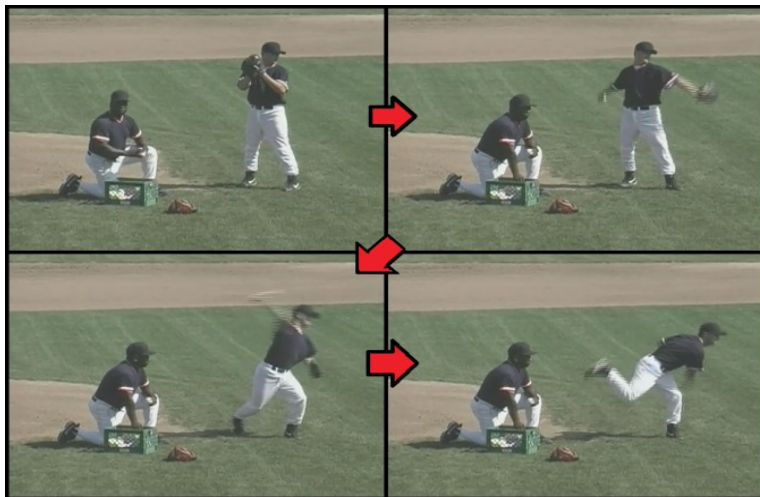
So what we want to do is make sure we get a good finish, good follow-through. He's got his glove off to the side, his chest over his knee, so it's a less injury way of throwing the baseball.

Again, this is a one-knee drill, bury the shoulder. He's working on his finish, his follow-through, hand separation, and tuck.

This is what we refer to as the heel-up drill and more commonly, I use it with the younger guys, is shoelaces kiss the ground. And the purpose of this drill is to make sure that Timmy rolls his foot over. Because when he rolls his foot over – if he'll roll it over – now it releases the knee. And once the knee is released, the energy is generated through his waist.

So we want to make sure we get a good roll of the foot so all the energy which starts at the feet goes on up and out the arm. When he starts out in a position, he's going to make a small shift to the back leg. Again, this is just to kind of lock and load to get just a little bit of push when he goes toward the target. Again, we always separate down – separate – form a T, finish, and he's going to finish over his knee. And he's going to also work on the balance, finishing it with the front side of his leg. Here we go. Glove off to the side.

This drill is really good for helping small pitchers like Timmy generate and get the most juice out of his body. We do not want to cheat ourselves. He gets more of a better feel, creates better muscle memory. While Timmy's doing this, we also want the ball to travel in a forward and downward plane. That pitch is the toughest to hit of any baseball player. We don't want it straight. We want it forward and downward. Giving the best chance of being successful. Then I'll let Timmy finish the rest of them out on his own.



What Phillip is doing is what we refer to as pinch the knee drill. The purpose of the pinch the knee drill is to ensure the pitcher that he does not drag his back foot. This could be critical on his fast ball. If Phillip were to drag his back foot, he's going to lose velocity, the ball's going to stay up in the zone. So what we're actually trying to work on is getting his back foot up and over. As you can see, he's going to try to pinch the knees

together.

What we don't want to see... now drag your foot way out. Just drag it along the ground. Because once he drags the foot, he's losing velocity.

And we also don't want to see him swing his foot way this way. Swing it this way. That's more or less like he's trying to get up over a horse. What we want to do is try to generate and conserve as much energy through the ball. Channel it right out through the hand. Better. Pinch the knees together. Okay, hold up.

For the guy who's having trouble, you can do this also on the mound. And I'll tell you this. A little bit of a drag is no problem. Anything over 12" gets to be a problem. So what we can do is put a couple of bricks here and make sure that Phillip is going to get

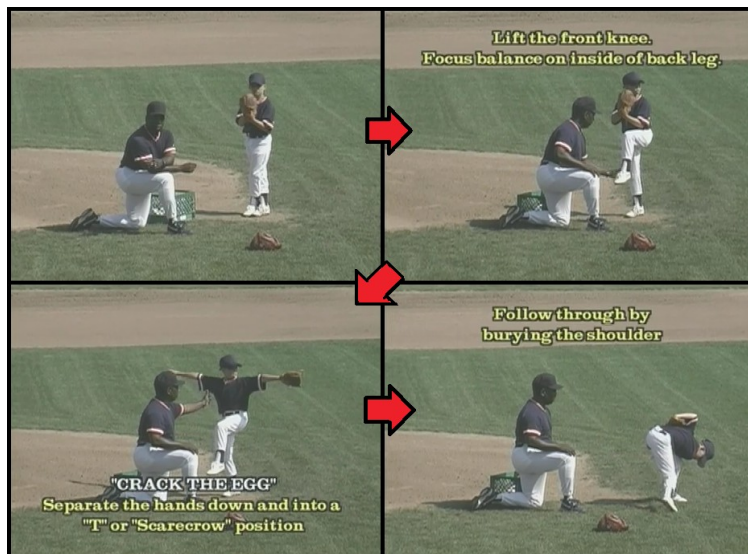
his foot up and over. If he doesn't, he's going to probably stump his toe a little bit. Here we go.

It makes him concentrate on getting the foot up over the bricks, utilizing his lower body.

What Darrell is doing is what we refer to as the combination drill. If Darrell will start in the ready position. The purpose of this drill is to serve a number of reasons, what we're going to work on.

First he starts with his feet crossed. Again, he's in a closed position, his eyes on the target, his hands are in the center of his body.

And what he's going to do is he's going to lift his left leg. We want the foot under the knee, relax, he's going to focus his balance on the inside of his right leg.



And then what he's going to pretend to do is if this is an egg, he's going to pretend he's going to crack the egg – go ahead. It works on a good separation of the hands and then he's going to finish. Go ahead. He's going to finish and follow through. Again, burying the shoulder, staying close, L in the arm. Come on back up.

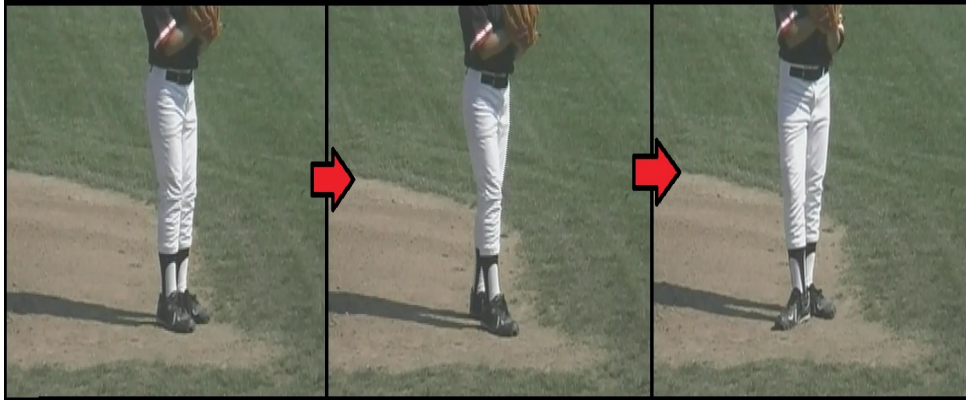
The purpose of this drill is a lot of guys, when they're on the mound, their hands are slow. What we want to do is accelerate

the hands. Once we accelerate the hands, we're more assured of having the ball right at the point of release when our foot gets there. Okay, D, let's try it. Okay. Keep the ball in the glove.

He's working on hand separation. He's working on his leg lift. When he starts from the stretch position, it makes him work on lifting his leg straight up instead of hooking his leg back behind him giving the base runner advantage. So we work on a combination of things. Not bad. And even with Darrell, we want and forward and downward plane break of the ball. Better.

Okay, let you finish these out by yourself.

PART 3

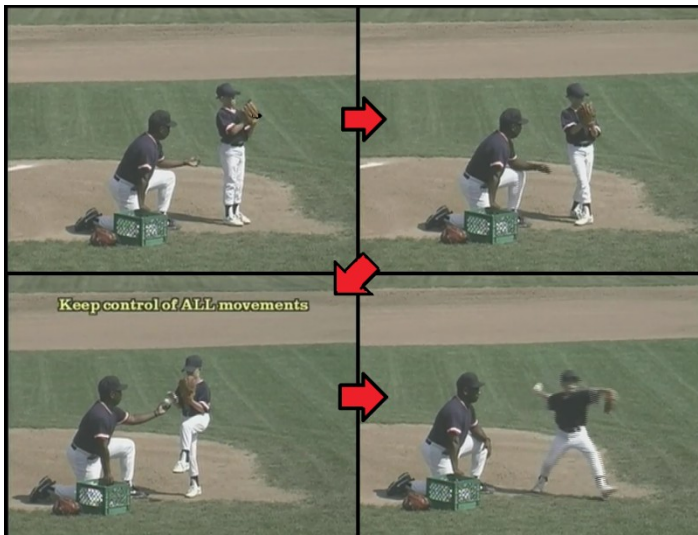


What Jeffrey's doing here is working on his transfer step and his pivot. What I commonly refer to as pick it up and put it in the hole. It's very important that we do establish this

proper technique now. What I'll do is ask J to stop after this one and show you what can happen.

He starts out with his shoulders square to the target, back of the glove. And what we want him to do is take a small transfer step back. This is the first step in generating his weight and body parts to go towards home to deliver the pitch with the most effort he can. Now what he's going to do is pick this foot up and put it in the hole.

What we want to do is, I don't care if it's a hole that deep, pick your foot up and put it in the hole. Because if you don't, you can be pitching from the top of the rubber or halfway down. We want to pick it up, put in the hole so when you drive, you can go with it. Now we'll start over and I'll show you some problem angles.



One of the things is, if you notice when Jeffrey takes his normal transfer step – go – that he's got his head above his waist and his weight. He is pretty much balanced out right here. What we don't want to see is – step further back, J – is to take a step way back here. Now he's getting out of control. To get this far back, he's now got to stop his body and what we don't want to happen is that.

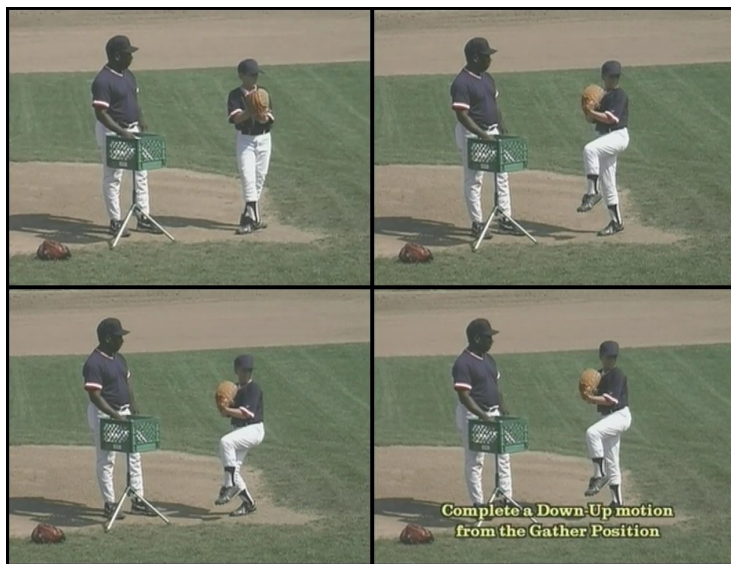
What we want to do is generate a little bit of rhythm... start over. He

starts his transfer step and then he's going to pivot, pick it up, put in the hole. What I like to also see is, when he picks it up, is a lot of guys will pivot on their heel. Some will pivot on their tiptoe.

And like this. What we want, is when we pivot, we want to pick the foot up, put it in the hole, and have this foot in place, and then from there we'll go to our balance point in our gathered position.

So what I'm going to do is leave J here because we want to get him to develop the proper muscle memory of how far he's going to transfer his step back and get used to picking it up, putting it in the hole, that he's comfortable with it. He develops a pattern and rhythm that's comfortable for him. Okay, J, I'm going to let you do it on your own. Here we go. Pick it up. There you go.

What Darrell is working on is what we refer to as a balance drill. Every pitcher has to have good balance. So what Darrell starts out is a ready position, back of the glove to the catcher, the batter. He does his transfer step, he picks the foot up, pivots. Now what he's going to do is do a leg lift.



They used to call it a leg kick, but it's a leg lift. When he lifts this leg, what we want to do it – lift it – is keep it tight and don't swing it out, foot under the knee. Now he's going to maintain his balance. What I like for him to do is focus the balance on the inside of the right knee or right over the right part of the inside foot here. Then I will give him the ball and then he'll finish.

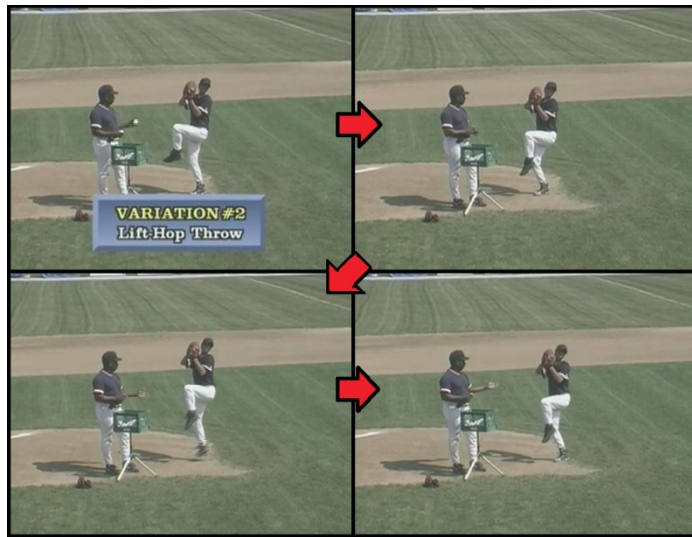
You've got to have good balance and that's what we're working on here. He's got to be in control. If

he doesn't have good balance is what we refer to as rushing. If he rushes, his body goes off and leaves his arm, causing a poor pitch. I want you to transfer step, pivot, and hold it. What you want to look for is to make sure he's standing erect.

What we don't want to see is him arching back right here. He should have good posture. Get the leg up at least waist high, foot under the knee, relaxed. This is something you can do during commercials. You can do it if you're bored. Here we go. Finish.

What Jeffrey's doing and we're adding another step to the balance drill. It's really making him focus on maintaining his good balance. He transfer steps, he pivots, and when he gets right here to the gathered position, I'll tell him to go down, then up. He's got it, then I'll say finish... finish. And there he goes. Just something else to make you stress and work on your balance to get a true understanding of when you're balanced and when you're not. Here we go.

Down. Up. Finish. Okay. Why don't the rest of you guys hop in here. Darrell, you feed him the ball and I'll let you tell him to go up and down.

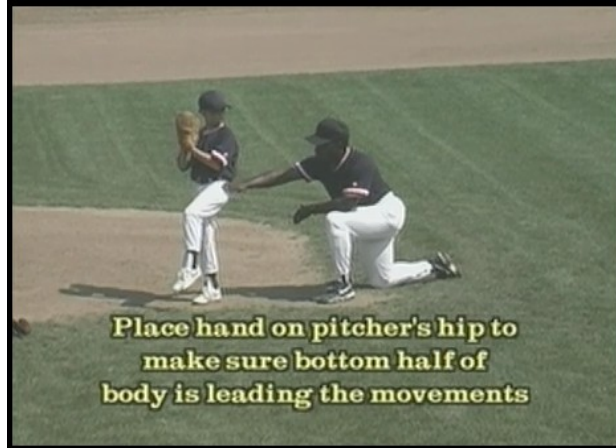


What Timmy is working on here is another form of the balance drill. Now we added a lift, hop, throw to it. A lot of players become bored when they simply work on mastering the one balance position.

So we try to challenge them where if they can hop out there and still maintain their balance and be in control. So it's just a little bit tougher. Trying to achieve good balance and being able to maintain it. He does a pretty good job of it.

I want you to finish these out on your own.

What I'm doing with Darrell is to assure him or myself that he is using from the waist down, his lower part of his body. What a lot of guys will do – if you stand from the side it's the best place to check this – as he starts to go home, he may start to lean or rush and he may use his front shoulder.



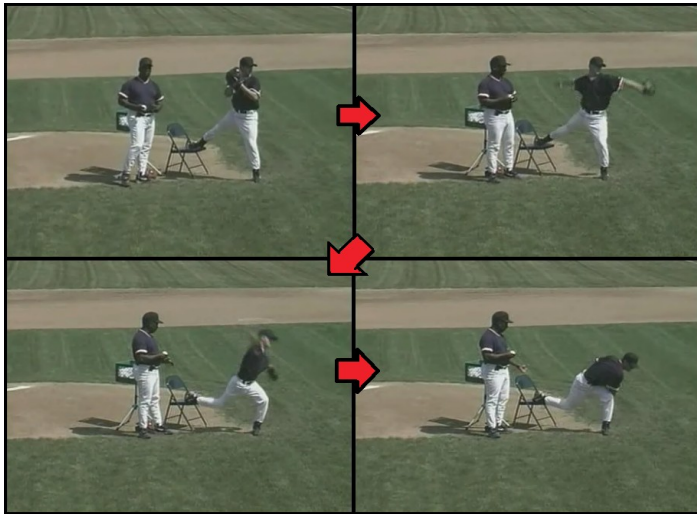
What we want to do is make sure he's using his lower half of his body. I can simply put my hand on his hip... get your leg up. I have him put his leg up and I'll say go. And what I'm trying to get him use is this lower half. I can feel him using this lower half. What I don't want to see is him getting out here and using that, his front shoulder. Again. Relax. And I'll just say go and relax. Make sure he maintains his front leg at least waist high. Leg up. Go. Relax.

So I noted he is using his legs in his delivery and getting the best of his arm instead of killing his self by throwing all arm. It assures me that he's using the lower part of his body. One more time. Ready. Go.

Relax. Up. Go. Relax. Up. Go. Leg up. Relax. Leg up. Go. Okay. One of the things he can do is, if he's at home, he can stand next to a wall, give his self about 4" and concentrate on pushing his hip pocket to the wall. We'll pretend my hand is a wall and I'll let him do it on his own. Here we go. Ready? Go.

Okay. Okay. Okay.

PART 4



What Phillip is doing is what we refer to as the chair drill. You notice he's got his right leg in a chair, he's got his left foot strided out. He starts with his hand in his center body.

He gets a small separation of hands and he goes toward the target. What we're working on is getting Phillip to feel for himself a finishing over his front side leg. What we want to do is make sure he throws through the ball, finishing over his left stride leg. This is another drill for isolating the lower half of the body.



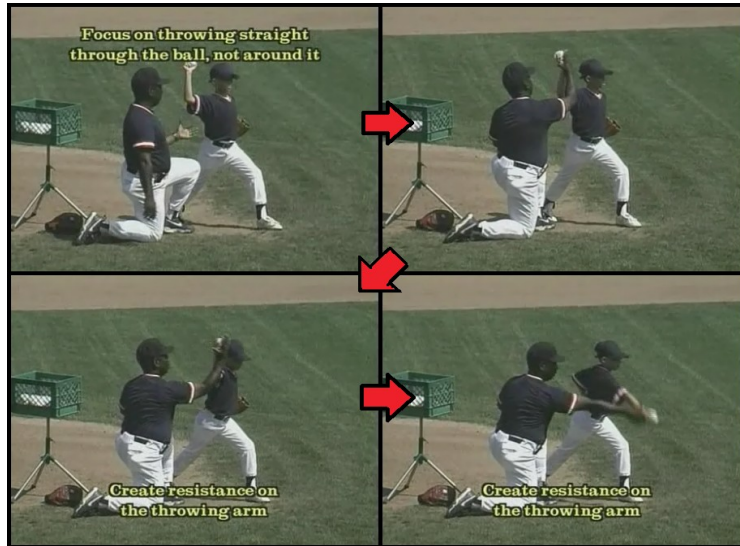
What Jeffrey's working on is a separation of hands. We put him on the knee so he can isolate the separation of his hands. He starts out with his hands center of his body. He's going to separate down. Now he finishes with his T, make sure he's looking down the front side of the glove. It's open.

Fingers are on top of the ball, thumb's down, then he can come back to it. What we want to make sure he doesn't do is separate from his body and out and away. We get more momentum if we separate down in this direction here. Here we go. Again.

And he can check his self. He can separate and he can look behind him. Check and make sure that he's not hooking his arm behind his body. That as he comes down he makes a big long arc and he's right where he needs to be. This is something he can do in the mirror and he can do at home by his self. Here we go. Ready? Working on the separation of the hands down.

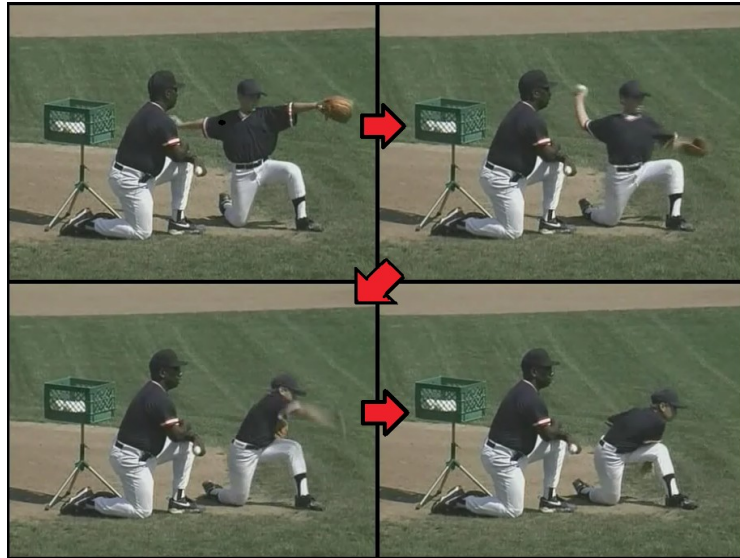
What Darrell is working on is what I call the high-five drill. I mainly use this with the younger players because they have trouble throwing through the baseball.

So what I try to do is help them generate or create some good muscle memory so they throw through the ball and not around it which could cause damage to the arm.



I have Darrell here with his shoulders square to the target. He's got a good L in his arm. The elbow is up at least shoulder high. He's got his bend in his knee. He's on his back foot. So what I'm going to do is put my hand here and I'm going to give him slight resistance and ask him to straight through my hand. Go. He comes through and finish it off. What I don't want to see him do is coming around. I want to see him throwing straight through the baseball. Ready? Go.

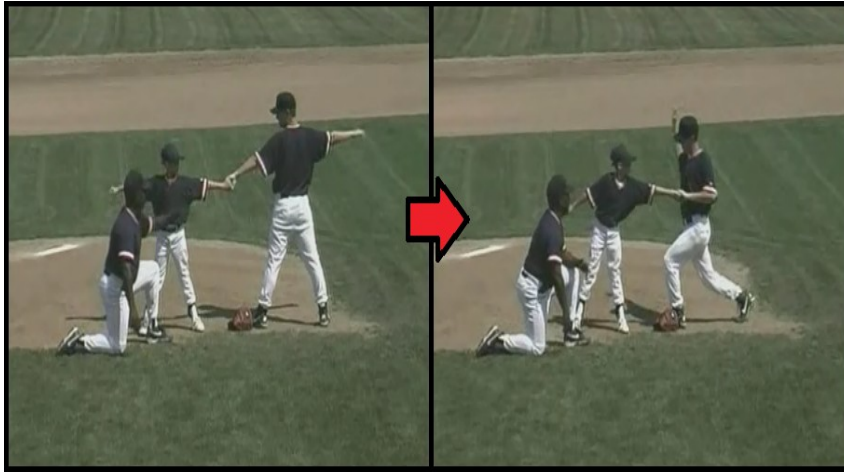
Okay. Ready? Go. Use your head. Go. There you go. Ready? Go. Ready? Go. Okay. Ready? Go. Ready? Go. Ready? Go.



What Jeffrey's working on right now is his tuck and throwing. And a lot of guys when they tuck... go ahead. We start him out in the T or the scarecrow position.

And what they will do is they'll leave this front arm out here and then they'll throw without using the glove. So what we work on is getting the good glove tuck. So we're now working on glove tuck and throw. Make sure they utilize the front side of their body. We've got to have a glove tuck. Here we go.

There you go. Again, he's going to get a good follow-through. Throw through the ball. But he's working on mostly is concentrating on a good glove tuck.



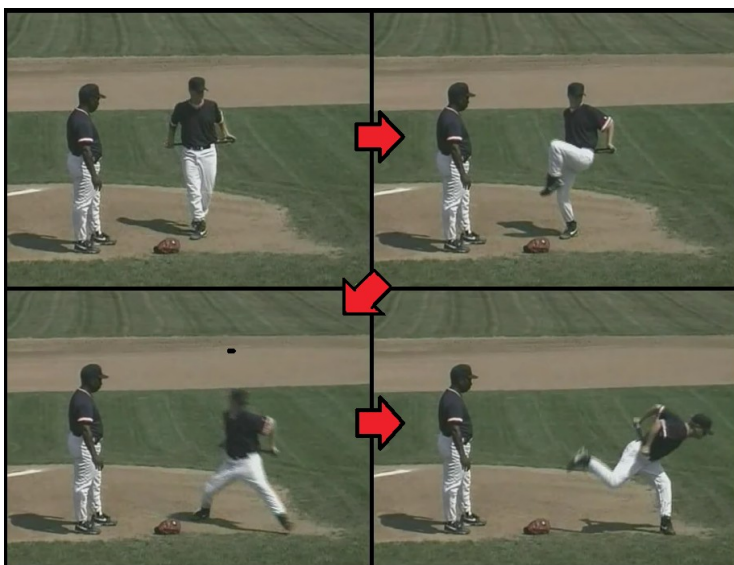
What we're doing here is a partner drill. The purpose of this... and you can do it with either another player, they grab hands, and basically I'll demonstrate with Darrell.

What he's working on, he's working on, one, getting resistance for his glove side to make sure he is utilizing a glove tuck,

and he's also working on the timing of glove tuck and rolling up into the L, along with pivoting with the lower half of his body. So what I'll ask Darrell to do is to slowly go through it. Here we go. Slowly.

He glove tucks. He finish with an L. He's got the bend in his knee. He's got his glove to his side. He's on his back foot here. He's facing his target. Elbow's up and he's square to the target. And what we're doing is we're just working on the timing. Now drop his hand, Phillip. He can do it by his self... go. Do it again. Okay. Or he can do it with Phillip. Grab his hand. Now Phillip'll get to go. And they can alternate. The purpose is to make sure he's utilizing the front side.

A lot of times, if Phillip will go again... go. Don't use your arm. They won't use their front arm, they'll just turn. So there's no use being to the front arm here. So this tells me he's not using his glove tuck. So what I'll do is I'll say start over. Now, and go. Now and he's using his whole body. The front side of his body along with the back side. Here we go. Ready? Continue on.



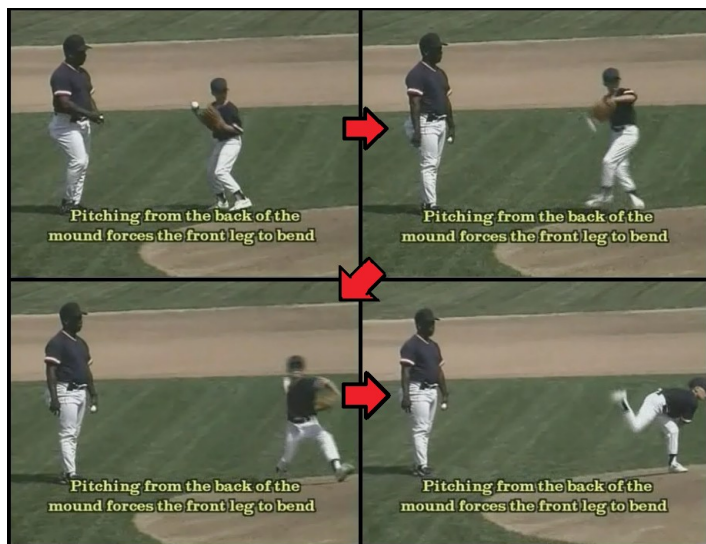
What Phillip is doing is what we refer to as bat behind the back. You notice he's got a bat behind his back. He's got his hands on both ends. He's going to start through his wind-up, his transfer step, his pivot, his gathered position. I'm going to ask him to start and hold it in the gathered position. Here we go. Start.

Now as he's in the gathered position, what I want to do is pretend this is a flashlight. This is a total dark lane here and the longer he can point this

downrange, the better off he's going to be because it's going to assure him that he's closed.

And then once he releases and goes forward, he's going to thrust his hips through the zone to make sure, again, he's utilizing every part of his body. Okay, let's start from the beginning.

He transfer steps. He pivots. He's closed. Thrust his hip towards the batter.



This is a back behind the mound drill. Notice we're on the back side of the mound. The purpose of this drill is to make sure that those guys that have trouble obtaining and bending their front knee, it makes them throw slightly uphill. They get used to bending their front side knee. Here we go, Darrell.

He's working on obtaining a feeling of the front knee bend. So he doesn't land stiff-legged.

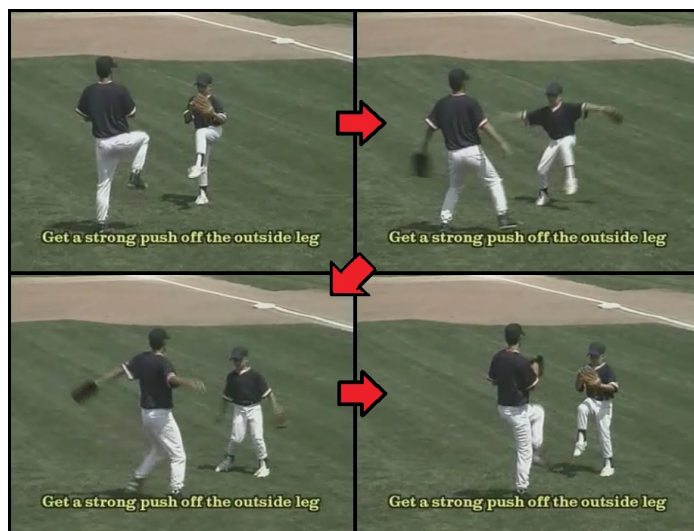
hop in here. Here we go, J. Go.

Okay, why don't the rest of you guys



What Jeffrey's working on is what we call the broom handle drill. The purpose of this is to make sure he gets the proper height of his elbow. A lot of guys want to drop the elbow below shoulder level. So this gives them a target to make sure they get up and over the top of the baseball. You can use a broom, you can use a yard stick, you can use your hand, any number of things just to give them something to shoot for to make sure they get the proper height of the ball. You ready to try it again? Here we go.

Excellent. There you go.



This is a waltz drill or dance drill. What we're working on is a little bit of rhythm and movement. As you notice when Timmy puts his hands up, he gets his front leg up.

Now he's going to separate and as his left foot goes out, his hands extend also. Ready? Go. And just stay right there. Spread your feet. Spread your feet. And I want him to land here.

Now what he's going to do is work on bringing it back together. He comes

back, hands together, leg in, then he's going to come back towards me. Boom. And there it is. And he's working on the mechanics and the rhythm – go – of going to his left and his right. He works on his balance, but he also works on the separation.

Mainly when he goes to his left, his stride foot's going to hit and when he's in a proper position ready to throw the ball. As you can see, they both go different ways.

It's kind of like they mirror each other. So they both get the balance of going left and right instead of just working on one side. Here we go. Try it again, both of you.

Okay, let's change sides so they can get the front side of Darrell. Here we go.

This drill is a drill I recommend for the older players. I urge the young players not to work on it because at a tender age it could cause some damage to their arm. This is a three-part drill working on a curve ball.

The first drill we do, and you can do it anywhere. In a car, if you're not driving, in the back seat, sitting at home watching TV. We're going to work on getting the proper spin and snap of the ball. Notice that I'm pulling down with my middle finger or my second finger, and I'm rolling my thumb so that I can get the snap sound.

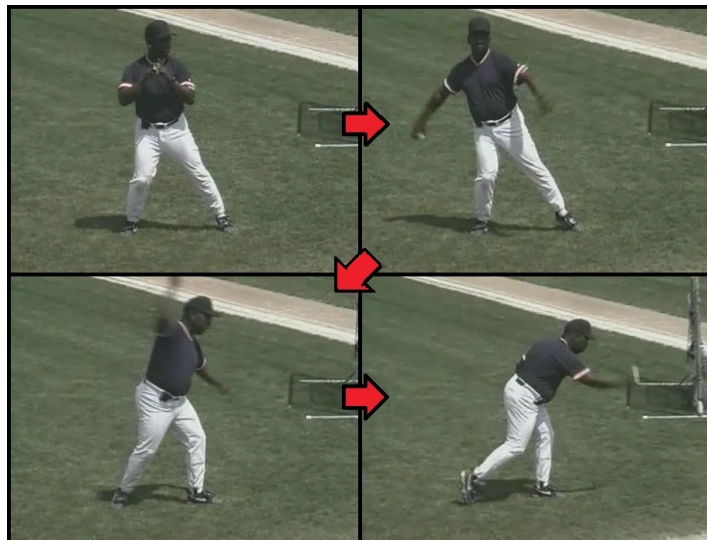
I want to get a good tight spin working on the ball. We want a good tightness on a curve ball. When you can get a good tight curve or a spin, you're going to have a good curve ball. One of the things you don't want to do is kind of push it out. Work on a good tight snap.



chop, side of the hand, and then we're going to finish it off.

The second part we'll work on with the curve ball is what we call the karate chop. And you can do this, again, sitting on your couch or anywhere. You're going to start out just mainly thinking long arm action. And you're going to say to yourself, "Fast ball, fast ball."

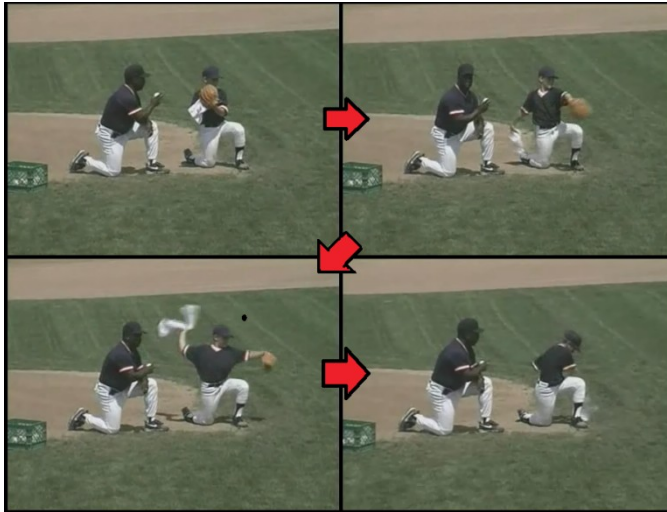
Then you come to the curve and what we do is we change the angle of our hand. This is for the curve ball right here. Fast ball, fast ball, curve. And what we're going to do is just come around, karate chop. Work on getting the good karate



The last drill, what we'll do is, I'll step here, is basically take the ball – you can do it from the wind-up, you can do it from the open stance position – go through your motions, a slight shift of your weight, throw the ball, and throw it in the dirt.

Work on getting a good tight spin. It is better to start the curve ball from the dirt up than it is from starting it in the zone high and working it down. So what we want to do is just throw it in the dirt. Work on a good tight spin and develop that. A caution.

Have the arm up, a slight bend in the elbow, finish all the way through. What we don't want to do is hyperextend the arm here. We want to be here with the L. Don't hook the ball. A lot of guys used to hook the ball. That's going to telegraph the pitch, that a curve is coming. Again, it's like a karate chop. Here, snap. A slight bend in the arm takes the stress off the elbow. Work on those three things and it'll help you greatly improve your curve ball.



What Jeffrey's doing is what is known as a towel drill. Throwing this baseball, on a player this size or even the older players, guys or girls, can be very damaging to your arm. What this can do is simulate, one, resistance and also help him to work on his techniques without throwing a ball. He can do it by his self. He can do it in the back yard. He can do it in the living room. I just urge you not to use one of your mom's good towels.

Now stand up and do another drill, J. Any one of the other drills you want to do. Okay. There you go. Show me another drill you can do. Good. He's working on his good muscle memory. He can alternate the drills he wants to, in any order, any fashion that he wants to.