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| **Pitching Drills:** |
| **Drill: Pitching Accuracy Game** |
| **Purpose:**  This game helps your pitcher work on accuracy and understanding when he starts aiming the ball. The second purpose of this game is for your catcher and pitcher to work on communication. |
| **Equipment:**  Catcher in full gear; Pitcher; Mound; 1 baseball |
| **Setup:**  A bullpen area where a pitcher can throw. Pitcher will work on fastball and/or changeup only. |
| **Execution:**  Pitcher will warm up properly. After warm-up and a number of pitches on the mound, the game will begin.   Catcher has the role of catcher and umpire. Catcher will call a pitch and location. This should be done with signs not verbally. The catcher should set up and give a good target in the location he wants the ball. Have the catcher imagine a ring around his glove with a certain diameter. This will vary in size depending on age and ability. You may give a young pitcher 6 inches on all sides and a high school pitcher 1 inch.  The pitcher will throw the pitch. If the catcher can catch the pitch within the imaginary circle he has set up, the pitch is a strike. If not the pitch is a ball.  Scoring: A walk is a -1 and a strikeout is +1. Catcher and pitcher keep a running total. Record the + or - score at the end of the game.  The catcher should also watch for the pitcher aiming the ball. The easiest way to determine this is be aware of the speed of the pitch. As the pitcher finishes his warm-up the catcher is aware of the speed of the fastball. If during the game the catcher notices a fastball coming in slower and thinks the pitcher is aiming it vs. being tired, he will call it a ball whether it was within the circle or not. In this case the catcher should stand up and tell the pitcher that he is aiming the ball. Discussion and disagreement are normal, but just as with an umpire, the call stands. This will give the catcher a chance to develop some leadership and communication skills and the pitcher some feedback.  The catcher should gauge whether the game is too easy or difficult and adjust the diameter if necessary.  You may want to have a parent or another pitcher counting pitches and put a limit for the game. The one thing you don't want to have happen is a tired pitcher trying to throw the ball too hard in order to keep the catcher from calling a ball based on aiming. |
| **Link to Drill:**  [**http://www.qcbaseball.com/drills/pitcher\_accuracy.aspx**](http://www.qcbaseball.com/drills/pitcher_accuracy.aspx) |

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| **Drill: Pitching Accuracy - 40 pitches** |
| **Purpose:**  Improve a pitchers ability to focus on accuracy and throw strikes. |
| **Equipment:**  Catcher in full gear; baseball. |
| **Setup:**  Use a rubber home base and a catcher. Put 4 cones down with the first cone being 1/2 way between home plate and the distance to the mound. Place the second cone 3/4 of the way, the third cone would be the distance to the mound and the final cone would be another 1/4 distance beyond the mound. |
| **Execution:** After a proper warm-up the pitcher will start at the first cone (1/2 distance) and throw 10 pitches to the catcher at 3/4 speed. The catcher will count balls and number of pitches. If the pitcher makes it to 10 pitches from a distance before throwing 4 balls, he can move back to the next distance after completing the tenth pitch. If he throws 4 or more balls at the distance, he must stay at that distance for the next 10 pitches. The goal is to successfully complete all distances throwing 3 balls or less at each distance.  **Coaching Note:**  Since a pitcher is pitching at different distances and not off a mound, don't use this drill to help them work on mechanics. This drill should be used to help them work on concentraction and focus. Many pitchers who have good mechanics, simply have a tough time contentrating for an entire innning when they're on the mound. This drill can help them develop that concentration. As you'll see in the modifications below, you should adjust this drill for the skill level of the player. You want to make sure they can be successful enough that they are encouraged to keep improving. If a player doesn't have the skill to make it past the first level, they will most likely be frustrated with their failure and will be too frustrated to work on improving their focus which is the point of the drill.  **Modifications:** For younger players have a parent call balls and strikes and keep track of number of pitches. You may also change it so they only have to throw half of the pitches for strikes to move back to the next distance.  As they improve you can then change the requirements to make it more difficult.  This is a great drill to track during the season. Challenge the kids to see if they can make it through all the levels and then make it more difficult. |
| **Link to Drill:**  [**http://www.qcbaseball.com/drills/pitcher\_accuracy40.aspx**](http://www.qcbaseball.com/drills/pitcher_accuracy40.aspx) |

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| **Drill: First Base Pickoffs** |
| **Purpose:**  Allow pitchers to work on pickoff moves to first and runners to work on reading the pitchers moves and getting a good jump. |
| **Equipment:**  Four baseballs, helmets for baserunners. |
| **Setup:**  Have four pitchers on the mound, each facing a base. Have a player acting as a first baseman at every base and a runner leading off each base. Each pitcher has a different home plate and first base. |
| **Execution:**  Coach stays on the mound in the middle of all the pitchers. He will tell the pitchers to either pickoff the runner or simulate a throw home.  Runners will always be trying to steal the base and get a good jump.  Older players can make the throw home, but the simulated throw home for younger players prevents two balls being thrown to the same base.  drill layout |
| **Link to Drill:**  [**http://www.qcbaseball.com/drills/pitching\_fbpickoff.aspx**](http://www.qcbaseball.com/drills/pitching_fbpickoff.aspx) |

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| **Drill: Pitching - Bunt Defense** |
| **Purpose:**  Give pitchers practice at fielding bunts and making plays both at 3rd and 1st. |
| **Equipment:**  Baseballs |
| **Setup:**  You can run this drill with 1 or 2 pitchers at a time. If using 2 pitchers have a pitcher stand on each side of the mound and have 2 catchers on each side of home plate. |
| **Execution:**  Each pitcher will go through the pitching motion and throw a pitch to the catcher. The coach will roll out a ball down the third base or first base line. If down the third base line the pitcher will field it and make the pivot and throw to third. If down the first base line the pitcher will make the throw to first.  pitching bunt defensive drill  Have one pitcher throw and then the other to keep the drill running continously.  You can also roll some just in front of the plate to have the catchers work on the same drill. |
| **Link to Drill:**  [**http://www.qcbaseball.com/drills/pitcher\_bunt.aspx**](http://www.qcbaseball.com/drills/pitcher_bunt.aspx) |

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| **Drill: Pick-up** |
| **Purpose:**  This is a good conditioning drill that is primarily used for pitchers, but can be used early in the season to help condition all players. |
| **Equipment:**  2 - 4 baseballs |
| **Setup:**  This drill can be done with 2 players or a player and coach. You need a minimum of 2 balls, but I usually grab a couple extra. Player should stand between 10 and 15 feet away from the coach depending on age. Player will have no glove. Coach will have 2 balls ready and any extras within reach. |
| **Execution:**  Player will get into a fielding position. Coach will start the drill by rolling 1 ball at an angle to the player (Number 1). The player will shuffle to the ball and field it with his bare hands. He will immediately stop and start shuffling in the other direction as he rolls the ball back to the coach. Coach will roll the next ball at an angle to the other side (Number 2). Continue going back and forth for about a minute.  Players should be warmed up before doing this drill. It is tiring and should be used as a conditioning drill towards the end of practice and not as a warmup drill.  pitcher baseball drill |
| **Link to Drill:**  [**http://www.qcbaseball.com/drills/pitcher\_pickup.aspx**](http://www.qcbaseball.com/drills/pitcher_pickup.aspx) |

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| **Drill:** |
| **Purpose:** |
| **Equipment:** |
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| **Drill:** |
| **Purpose:** |
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