



Sluggers Pitching Clinic

Back to Basics Basics- Stretch, Stay Over Rubber, Balanced and Athletic, Front Side Mechanics

- **Stretch Setup**
 - Feet Closed and Closed, about hip width
 - Drive back foot into ground
 - Glove from belly button to back hip
 - Back knee flexed
 - Head over back hip
- **Foundation**
 - Drive Back foot into ground
 - Line up head and glove over back foot over the rubber
- **Leg Kick**
 - Knee drives back and up to back hip
 - Front foot stays closed, over pitching rubber
 - Front foot goes down then out to target
- **Balance**
 - Head, glove, and kick knee lined up with back hip over rubber at post (balance point)
- **Stride and Front Side (Glove)**
 - Balance quickly moves into back foot push and momentum to the target
 - Front leg goes down, then out to the target
 - Glove goes out to the target with the stride foot (same timing)
 - Glove positioning - forearm and thumb to the target about shoulder height
 - Glove comes back into body, glove palm up into glove side hip or arm pit
- **Extension**
 - Back shoulder throws punch to the target
 - Full extension with throwing side heel-knee-hip-shoulder- hand in line
 - Feel the distance travelled of throwing hand and back shoulder to target\
 - Head, eyes and nose stays on target throughout pitch
- **Finish**
 - At full extension to the target with upper half, back foot is shoelaces down
 - Back foot releases up, then throwing side shoulder and hip pulls the foot through to finish position.

Strategy Overview- **First Pitch Strategy**

- Winning pitchers throw strikes early in the count, attacking hitters on first pitch
- A pitchers winning % against hitters skyrockets after a 1st pitch K
- Pitchers should train for 1st pitch quality strikes, inner $\frac{1}{3}$, outer $\frac{1}{3}$ locations, not the corners.
- Pitchers should design a first pitch strategy. Develop pitches and specific locations for first pitch success.



1. Warm Up

- I. Resistance Bands - Pull Aparts (side and rainbows), Diagonals, Unilateral Arm Circles, External Pulses

2. Stride Length Warm Up

- I. Rocker Sways
- m. Extension Pitcher Pick Ups (with heavy ball)
- n. 3-Stride Max Length Drill with Finish
- o. **Rocker Position - Shoulder Separation Holds**
- p. **Shoulder Turn Walks**

3. Towel Drills (Everyone)

- I. Quick Shoulder Turn
- m. One foot throws- Landing leg
- n. Hop-Hop Stride Throw
- o. Quick Pivot Pick
- p. 2 x Balance Drill - Brent Sutor Drill (Drive Foot into ground)
- q. **Mechanics Build with Towel**

4. Phase 2: Velo Drill Heavy Ball Throws to Partner

- I. Flip Drill- 5FB - 5CB - 5CH
- m. Shoulder Turn- 5FB - 5CB - 5CH
- n. Pivot Pickoff
- o. Rocker- 5FB - 5CB - 5CH

5. Phase 3: Drill Stations

- 1. **Partner Pickups (20 each)**
- 2. **Stay Over Rubber- Brent Sutor Drill**
 - 1. **5 reps each, repeat**
 - 2. **Stay Over Rubber- Lean into Drive Leg**
 - 3. Full Wind Up- Side step and drive Push foot into ground
 - 4. Line up throwing shoulder and head over push off foot to get into leg kick



5. Start leg kick from a strong position into ground with drive leg
3. **Balance and Alignment- Balance Drill 2.0**
 1. Start in Post Balance Position
 2. Sink into strong athletic balance position with knee, glove and face in alignment
4. **Sequencing Drill - 1 Slow, 1 Fast - Stretch Position** (Slow and Balance, quick and athletic)
 1. Focus on alignment of knee, face glove at leg kick (sequencing)
5. **Front Side Mechanics- Power Rocker Drill**
 1. Strong Front side- Forearm to target, shoulder high
 2. Heavy Ball Trampoline (front leg RDL position)
6. **Pitching Strength/Activation**
 1. **PVC Rotations** - 5 upper and 5 around the world
 2. **Water bag - Shoulder rotations (or movement of your choice)**
7. **Live Pitching 1**
 1. 1st Pitch Strikes with 50% Change Ups (Breath/Set/pitch every 6 seconds)
 2. **Feeding Pitcher**- Curve Ball Flips
8. **Live Pitching 2**
 1. **Situational Pitching**
 - i. Alternate 1 and 3 second holds/ 1.5 second Stretch
 - ii. Situation = 1st pitch quality strikes (design a first pitch strategy)
 2. **Feeding Pitcher**- Change Up Flips
9. **Pick Offs**
 1. **Pickoff Dry Work**- 1st Base footwork
10. **PFP - with Partner**
 1. Comebacker- 1-2 hop ground ball
 - i. Catch Ground ball correctly and turn to 2B, 1B to set feet to throw
 2. Bunt Coverage- soft throw so ball rolls slowly like a bunt.
 - i. Step/run to the ball and set feet to throw to first and second base
11. **Pull Down Variation**
 1. Power Shuffle Throw long toss
 2. Walk In Hop/Stride Throw long toss



Silver Sluggers Hitting Clinic

Basics: Stance, Stride, Swing, Balance

Mechanic Overview-

1. Batting Stance Reminders
 - a. Where to Stand- Create a routine to find a stance position for consistent placement to the strike zone
 - b. Get into ground in stance- Back foot drive into ground in athletic position.
 - c. Face goes from shortstop to pitcher (right eye on pitcher)
 - d. Scap Load with knob of bat down (barrell up)
2. Stride Reminders- At front foot land....
 - a. Stride out, hands back, head centered (head can move forward into center between feet)
 - b. Heavy into front side
 - c. Scap load back- engage the top hand and elbow back
 - d. Front shoulder down, with head lined up over front shoulder
 - e. (see pictures below)
3. Swing
 - a. Fire knob of the bat first, down to the ball
 - b. Top Hand punches down the line inside the ball, past the ball to hit
 - c. Full extension through the ball, with barrel staying in the strike zone, on the path of the ball as long as possible
 - d. Balance at the end of swing



New:

[Ronald Acuna - Slow Motion Swing](#)

[Juan Soto- Slow Motion Swing](#)

Previous:

[DJ Lemahieu - Movement and Rhythm](#)[Juan Soto - Movement and Rhythm](#)[Anthony Rendon - Stride and Separate / Hands Back](#)[Nelson Cruz- Tee Hitting Routine](#)[Albert Pujols- Tee Routine](#)[Freddie Freeman- Keys to Hitting off of Tee](#)[Austin Riley- Slow Motion Swing](#)[Josh Donaldson Slow Motion Swing](#)[Mookie Betts Slow Motion Swing](#)[Josh Donaldson Weight Transfer/Separation Drill](#)[Jim Thome Discusses How to Elevate Ball in Swing](#)[Austin Riley Talking about Hitting Adjustments](#)**Mental Approach- Simple 1st Pitch Plan : “Hunt it and Hammer it”**

1. Know what you are hunting before your at bat.
2. When you get it, hammer it.
3. No hesitation, maximum bat speed

Hitting Warm Up

4. Windshield Wiper
5. One Handed Pendulums/Swings
6. Hand Activation-Pulses
7. Stride and Separate (Hands back) x 20
8. Contact Position X 15
9. Shoulder Hip Separation (trigger back knee with hands back) x 15
10. Full Swing-Balance x 10

Drill Stations

1. **Tee 1 - Stride- Stride...Swing (Josh Donaldson)**
 - a. 2 strides to check in on positioning
 - i. hands back'
 - ii. shoulder down
 - iii. head centered
 - b. On third stride, swing
2. **Tee 2- Hover to Hit**
 - a. Front leg up, Balance into back foot
 - b. Push into stride,
 - c. Hands back
 - d. Head over front shoulder
3. **Tee 3- Extension Tee**
 - a. Tee position out front
 - b. Bottom hand/knob of bat past ball
 - c. Top hand and back hip through the ball
 - d. Full extension through the net/pitcher
4. **Bunting Pepper Station**
 - a. Middle of open area
 - b. Proper Bunting Stance and set up
5. **Wrist Weight Hit Downs (into power net)**
 - a. Soft toss with wiffle ball
 - i. 15 bottom hand
 - ii. 15 top hand
 - iii. Must hit the top of ball (bat control)
6. **Heavy Bat, Heavy Ball– Stride Pause Swing**
 - a. Thrower makes hitter pause at stride position
 - b. Hitter must be in a strong, athletic position to hit at stride



7. Light Bat Wiffle Ball Hit Downs

- a. Quick Swings / No Stride / All hands
- b. Stay on top of ball

8. Live Hitting - Pitching Machine Swings

- a. 2 Bunts - 1 Slash Hit (Fake Bunt and Hit) - 1 hit and run - 8 swings

9. Tracking Station (Ronald Acuna Strides)

- a. Pitcher give the hitter some time for movement back and into stride
- b. Hitter focuses on pre-pitch and swing movement

10. Hitting Strength

- a. Strength 1
 - i. Resistance Band hand punches- 10 top hand, 10 bottom hand
 - ii. Emphasis on maximum extension on a line
- b. Strength 2
 - i. Sand Bell Skaters



Sluggers Fielding Clinic

Mechanical Theme - Fielding Downhill (Move to and through the ball)

- In fielding ready position, first thought is to attack the ball and adjust from there.
- Field ground ball working from the outside (right to left)
- Upon reaching ball, footwork is -
 - Right/left - field - Right/Left throw
 - Upon fielding the ball, right foot drives to the target (not behind body)
 - Aggressive push with right foot to stride and throw
- Goal is to attack the ball under control with athletic footwork, create and keep momentum to the target for an accurate strong throw

Fielding Strategy- Play Deep and Attack the ball

- Middle infielders - Play as far back as possible and sprint to the ball
- Third Baseman - Play in, stay low, and quick feet to the ball
- Outfielders - Positioned based upon pitcher and hitter tendencies

Drills and Skills

- **Dynamic Warmup**
 - a. 20 foot wakeup (20 feet up and back- 5 times for each movement)
 - Forward/backward run
 - Side Shuffle
 - Karaoke (big steps forward and back)
 - b. Knee/Hip Circles - 10 each side - [Video](#)
 - c. Over/Under the Fence - [Video](#)
 - d. Single Leg RDL Airplane - [Video](#)
 - e. Walking Lunge with Reach and Rotation - [Video](#) (add reach up to sky on lunge with back foot side)
 - f. Lateral Power Shuffles- [Video](#)
 - g. A-Skips - [Video](#)
 - h. Single Leg Diagonal Hops - [Video](#)
 - i. Power High Knee Jumps
 - j. Power Shuffles to Sprint
- **2 (or 3) ball juggling - 120 seconds**
 - a. Switch directions after 60 seconds
 - b. Or partner juggling - 2 ball
- **Resistance Band**
 - a. Pull Aparts, Overhead Pull Aparts, Diagonals, External Pulses
- **Towel Drills**
 - a. Rocker
 - b. Quick Shoulder Turn (Head Still)
 - c. Hop Stride Throw
 - d. Quick Pivot Pick
- **Heavy Ball Throws**
 - a. Flips
 - b. Shoulder Turn
 - c. Rocker Drill
- **Short Hops- [Ron Washington Short Hops](#)**
 - a. 10-10-10 from knees
 - b. 10-10-10 on feet
 - c. 10-10-10 Drop step and drive short hops



- One left, one middle, one right
 - Work back through every short hop
- **Quick Catch (focus on catch and release efficiency and timing)**
 - a. No feet/stride- Partners at about 25 feet apart
 - 1- Straight Catch, no stride, 20 each (feet stay planted)
 - 2- Short Hop (20 each player) - One player take 20 in a row, switch
 - b. One foot throws
 - Balance on throwing side foot, catch, throw, finish all on one foot
- **Flamingo Short Hop Partner Drill**
 - a. Teammate throws short hop to fielder
 - b. Fielder starts with left foot in the air, and steps into the catch with timing (left foot on ground at the time of the catch)
- **Partner Ground Balls- Getting Around Ball**
 - a. Video- <https://youtu.be/R3qra149xjA>
 - b. Partners roll ground balls to each other
 - c. Fielder works from outside of ball, field and set feet to throw, two low shuffles
 - d. Work on getting around the ball, Field through the ball, funnel, footwork to throw
- **Step Back Backhand- Footwork Drill**
 - a. Partner throws fielder the ball to bounce deep into backhand side
 - b. Fielder drop steps into catch, with hard right foot (throw side foot) plant
 - c. Drive off of back foot to make short throw - No stride, catch, drive throw in one motion.
 - d. Focus on controlling body, using ground to change direction to the target, and quick glove to throw transition to throw.
- **Drop Step Fly Balls**
 - a. Drop Step and sprint to the ball
- **Drop Step Wrong Foot Fly Balls**
 - a. Drop Step, sprint, then react to the ball with another drop step to opposite direction to catch
- **Drop Step Fly Ball to Short Ground ball**
 - a. Drop Step to fly ball, then sprint to a short ground ball to throw to target on the run



SLUGGERS CATCHING CLINIC

- **STANCE/SET-UP/RECEIVING**
 - A person who is encouraged to “just do your best” usually doesn’t. They don’t clarify what their best might be; they don’t extend themselves to find out.
- **Catchers Dynamic Warmup**
 - Walking lunges
 - High knees
 - Calf raises from toes
 - Duck walk
 - Dry blocks (5-5-5)
 - Agility drill
 - Rectangle drill
- Warm-Up(Hands)
 - Heavy ball drop and catch
 - Wiffle ball warm up with a partner
- Warm-Up(Throwing)
 - Bands
 - Towel Drill
 - Flips
 - Shoulder turn
 - Rocker
 - Heal clicks
 - 1 Knee transfers
 - Right foot step
 - Left foot step
 - Catch-right-left
 - (2) footwork to each base-no throw
- **STANCES**
 - Basic set-up-distance from plate-giving signs
 - Primary position-setting up behind the plate with no one on base
 - Adjusting where your body position/set-up based on where you want the pitch, type of pitch, and how the pitcher is pitching
 - One knee down
 - Splits
 - Secondary position-runners on base
 - Why are we set-up differently and what is different
 - Glove positioning after set-up
- **RECEIVING**
 - Just catch strikes(don’t try to do too much)
 - Don’t try to do too much with good pitches



- Always working up
- Thumb underneath the baseball
- Start early to be slow rather than late and fast
- Getting ahead of the ball
- Being firm but with give-don't overextend or let the ball eat you up too deep
- There is a difference between sticking and pushing a pitch-TIMING

- RECEIVING FROM EVERY SET-UP
 - Wall Drill-Receiving (2)
 - Mini-Wiffle balls with net glove (2)
 - Lite-Flite balls-barehanded (2)
 - Tennis ball hoppers-barehanded (2)
 - Heavy ball with glove (2)
 - Baseball/softball-underhand flips working closer to partner (2)
 - Tennis ball drops barehand (2)
 - Bucket drill-tennis ball bare hand and glove-focus on quietly shifting (2)
 - Bosu ball conditioning station with med ball (1)
 - Skipping rope (1)
 - Additional Drills
 - Bosu ball receiving-bare hand and glove
 - Lateral skaters with med ball of weight
 - Wiffle ball high low or color
 - Glove low picks with baseball/softball