



Sluggers Pitching Clinic

Arm Stroke with Front Side Action Connection

Mechanics Overview: Arm Stroke

- a. Ball "Falls" out of glove to start arm stroke
 - b. Ball continues down and back toward second base along center line extended
 - c. Downward movement creates momentum to carry the arm stroke back and up.
 - d. Key is to keep momentum through arm stroke to create velocity
 - e. Thumb down and fingers on top of ball through arm stroke
- **Front side (glove and forearm) set the shoulder turn and increase shoulder turn velocity.**
 - As stride goes out:
 - **Front Side:** Glove and forearm go out to the target, shoulder height
 - **Front Side Pull:** As arm starts to move up into slot, the front side glove and forearm pull down into armpit/belt creating momentum with shoulder turn.
 - **Release:** with momentum created from arm swing, the arm comes up and punches through release to the target.
 - Nose and chin drive to the target.

Strategy Overview- 1-1 and 0-2 Count Strategies

- Even Counts, especially 1-1 is a big "swing" count. 1-1 strike percentage is a great indicator of how well a pitcher pitches in a game.
 - 1-1 should be a called strike, hitter swing at a good pitchers pitch
- 0-2 Counts - Aggressive to a lane outside of strike zone. Show the strike zone and move it out of strike zone.

[Tom House- NPA Wall Drills](#)

[Max Scherzer Slow Motion Mechanics](#)

[Jacob Degrom Slow Motion Mechanics](#)

[Jacob Degrom Slow Motion Mechanics- 2](#)

[Aroldis Chapman Slow Motion Mechanics](#)

Videos

[Pedro Martinez- Pitch Mechanics](#)

[Trey Mancini- Tee Hitting Drills](#)

[Adam Eaton- Tee Hitting Drills](#)

[Max Scherzer- Bullpen Routine](#)

[Jacob Degrom - Bullpen](#)

[Shohei Othani- Bullpen](#)

[Max Scherzer- Discusses Pitching Mechanics](#)

[Tom House- NPA Wall Drills](#)

[Max Scherzer Slow Motion Mechanics](#)

[Jacob Degrom Slow Motion Mechanics](#)

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1. Warm Up

- I. Resistance Bands
 - i. Pull Aparts (side and rainbows)
 - ii. Diagonals
 - iii. Unilateral Arm Circles
 - iv. External Pulses

2. Towel Drills (Everyone)

- I. 2 x Balance Drill - Rocker
- m. Quick Shoulder Turn
- n. One foot balance throws (glove side foot down)
- o. Hop-Hop Stride Throw
- p. Quick Pivot Pick

3. Heavy Ball Throws to Partner

- I. Flip Drill- 5 FB and 10 CB
- m. Shoulder Turn- 5 FB and 10 CB
- n. Pivot Pickoff
- o. Rocker- 5 FB and 10 CB

4. Drill Stations (All Pitching Drills focus on head positioning and athletic balance)

I. Players work in pairs

1. PFP Situation

i. Comebacker 1-6-3 DP

1. Partner throw one or two hop ground ball to pitcher
2. Pitcher quickly turns, sets feet, and throws to second base

2. Pickoff

- i. 1st base - Dry Pickoffs
- ii. Working on footwork (quick feet, finish with arm up in throwing position)
- iii. Quick move while coming set
- iv. Long Hold to pick (3-4 seconds then pick)

3. Drill 1: Balance Position- Arm Stroke Focus

- i. Start in Balance position
- ii. Focus on breaking hands at the same time the stride foot starts down into stride
- iii. Create acceleration in arm stroke from the balance position to release point.

4. Drill 2: Arm Stroke Drill- [Video](#)

- i. Start in Rocker Position
- ii. Ball comes out of glove and swings into back/up position (first set of pictures above)
- iii. Repeat 1 Arm Stroke, then 1 full throw focusing on arm stroke mechanics

5. Drill 3: Quick Step Arm Stroke

- i. Work on timing and cadence of quick/slide step and arm stroke
- ii. Focus on how ball comes out of glove and through arm stroke

6. Pitching Strength 1

- i. Heavy Ball (Green Plyo) arm stroke figure 8 holds



1. Use the plyo ball to create a more flowing arm stroke
 2. Move plyo ball in a throwing motion (in line with 2b and home plate), continuous motion creating a figure 8
 3. 15 reps then rest
 - ii. **Lateral Slides- [Video](#)**
 1. Wide Stance like rocker – Open front foot to target, slide back and forth keeping hips low
7. **Pitching Strength 2**
 - i. **Wall Plyo Pushups- [Video](#)**
 1. Stand up Push up position into wall. Push up/out off of wall, releasing hands from wall, then fall back into wall into push up position
 2. Repeat 15 times
 - ii. **Lunge Jumps - [Video](#)**
 1. Lunge position, hop up and switch feet into lunge position
 2. Repeat
8. **Pitching Strength 3**
 - i. **Trampoline 15/15/15** (FB, CB, CH with Green or blue ball)
 - ii. **Jump Rope** - 80 reps
9. **Live Pitching Situation:** 1 & 3 sec. holds/ 1.5 sec. Stretch
 - i. Situation = 1-1 count best strike
 1. Start with 1-1 count - Quality pitches to get an out / no walks
 2. After first round, pitcher must use one off speed pitch in sequence
 3. No middle strikes!!
 4. Walk = 10 burpees
 - ii. Hold Runner on second base (come set and look at second base, varying times to home)
 - iii. Partner- Change Up Flips
 - iv. Partners switch after 3 pitches
10. **Live Pitching Situation 2**
 - i. Situation = 0-2 count best pitch, best location
 1. Start with 1-1 count - Quality pitches to get an out / no walks
 2. After first round, pitcher must use one off speed pitch in sequence
 3. No middle strikes!!
 4. Walk = 10 burpees
 - ii. Partner- Curve ball flips
 - iii. Switch after every 3 pitches
11. **Pulldown Variation**
 - i. Backward Run Pull Downs
 1. Run backward to gain momentum
 2. Spin, throw and finish with maximum momentum.



Silver Sluggers Hitting Clinic

Opposite Field Power

- **Mechanics Overview- Opposite Field Power**
 - Opposite field power starts with a back side connection- top hand/back hip, back knee
 - Hands and back hip work together to create power and extension to opposite field.
 - Hands stay close to body- do not reach to outside pitch with hands away from body
 - Think - Hands in, hip to the ball, attack the inside of the ball
 - Oppo Field Hitting Window - Let the ball get deep into hitting window. Think – Outside pitch needs to be hit off of back hip
 - Video- [Josh Donaldson Oppo Field Hitting](#)



Strategy Overview- Be ready for the first pitch

- We are all first pitch hitters until the pitcher shows us otherwise.
- Look for your hot zone and unload on the ball in that zone
- Use the information the pitcher is giving you before your at bat to anticipate first pitch type and location
- Breaking balls up, fastballs middle up/down/away/in depending on your swing
- Do not let the pitcher dictate the at bat. Hitters are in charge of the at bat from pitch 1



Head Center with front shoulder down // Use Legs to hit



Videos

[Mookie Betts Slow Motion Swing](#)

[Ronald Acuna - Slow Motion Swing](#)

[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](#)

[Juan Soto- Slow Motion Swing](#)

[Austin Riley- Slow Motion Swing](#)

[Josh Donaldson Slow Motion Swing](#)

[Josh Donaldson Weight Transfer/Separation Drill](#)

[Jim Thome Discusses How to Elevate Ball in Swing](#)

[Austin Riley Talking about Hitting Adjustments](#)

Warm Up

- Windshield Wiper
- Strides x 30
- Shoulder Rotations
- Contact Position
- One Handed Pendulums/Swings
- Hand Activation-Pulses
- Shoulder Hip Separation
- Full Swing-Balance

Stations

- a. **Tee 1- Wide Stance/No Stride- [Close Tee Drill](#)**
 - i. Set up Tee/Ball at belly button
 - ii. Stand close to the tee
 - iii. Keep hands in and knob past the ball to drive ball to the opposite field
- b. **Tee 2: Low/Outside Pitch**
 - i. Set Up tee down and back into stance
 - ii. Think of driving back hip and knee through the ball to hit home run to opposite field.
- c. **Tee 3- Oppo Field Exit Velocity**
 - i. Set up Tee back in stance - Get oppo field exit velo
- d. **Tee 4- Zagrodnik Scissor Swings Tee Drill (oppo field swings)**



- i. Normal Stance
 - ii. Front knee comes back as hands go forward, crossing over each other
 - iii. Hands and shoulders go back as you stride into swing
 - iv. Feel the sling shot effect of shoulders and hips working separately
- e. Heavy Ball Short Toss**
- i. Pitchers throw ball into belly button
 - ii. Hitter hits ball as hard as possible, driving back hip and top hand through the ball
- f. Wiffle Balls**
- i. Pitchers throw ball into belly button
 - ii. Hitter hits ball as hard as possible, driving back hip and top hand through the ball
- g. Live Hitting - Pitching Machine Swings**
- i. 2 Bunts - 2 Slash Hit (Fake Bunt and Hit) - 10 swings
 - ii. Home Runs to opposite field
- h. Bunting Pepper**
- i. 15+ Bunts (15 sacrifice)
- i. Green Net Area- Trigger Catches**
- i. Trigger back knee and hip into pitch
 - ii. Catch ball with top hand back in stance where oppo field contact takes place
- j. Strength Station 1- Partner Power Swings**
- i. Hitter gets bat into contact position
 - ii. Partner puts hand on barrel of the bat providing resistance through swing, contact position to extension
- k. Strength Station 2**
- i. Med Ball Russian Twist
 - ii. Top Hand Resistance Band Punches - back knee down and low swing plane
 - iii. Bottom Hand Punches (straight line, full extension to pitcher, band should not touch body)



- Nose and chin to target If you miss, miss low
- Throwing from knees
- o Same transfer principles
- o Rotation
- o Left knee as jab toward base
- o Knowing your ability
- o Throw from knees to get outs not to try to show off your arm
- o Pitch location can dictate standing up or throwing from your knees

STRATEGY OVERVIEW- Being a quiet/steady target for your Pitcher

- Relax and slow things down
- Be in rhythm with the pitcher
- We don't want to set up too late and have a lot of extra movement that the pitcher can see
- We don't want to set up too early and be waiting for the pitcher and possibly tipping pitch location
- Keep glove movement to a minimum
- Set glove low early and work up to the pitch
- The less movement we have, the easier it is for the umpire to see the ball behind us and easier it is for the pitcher to focus in front of us

DRILLS Round 1

- Barehand-tennis ball bouncers
- Glove-hand ball bouncers
- Wall Drill
- Machine-catch and transfer
- Wiffle glove transfers
- Tennis ball against wall transfer
- Jump Rope
- Ladder
- Back picks into net outside of cage-from feet and knees

Round 2

- Warm-Up(Throwing)
 - Bands
 - Towel Drills
 - 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
 - Ball in glove/secondary stance/throw to partner

CHALLENGE ROUND

PADDLE DRILL WITH LANDMARKS POP TIMES







Fielding

Complete Player

- **Mechanic Overview-Building a good foundation for a fielder... emphasizing good form, Correct position. Explain. #CSR-Calm-Slow-Relax**
 - **Body position-Fielding Position-SHOW THE GLOVE!**
 - **Position your body with a stance that is open to the ball.**
 - **Left leg should be forward or in front, and the right leg should be back or behind you.**
 - **This keeps us open to the baseball and allows our eyes to stay on the baseball longer.**
- **Strategy Overview- Compete for every ground ball, every opportunity**
 - **Don't waste an opportunity to get better**
 - **WANT THE BALL ALL THE TIME. 4 times in a game.**
- **Mental Overview-Z3-Where is your Z3-Zen Den**
 - **#SWDC-So what, Don't care**
- **Over Emphasize seeing the ball into hand:**
- **10 Dynamic Warm-Up. Five**
 - Forward and Back-Flat back
 - Arms Up-Head Locked down the field-Quick Karaoke-Tight Circle
 - Arms Up-Shuffle Driving toward the target. Head stable to the target
 - Knee raises-Marching skips Head quiet. Back and forth
- **Pre-Throwing Shoulder Conditioning-Why we do this**
- **Shoulder Stabilization (with bands)-Quick to wake up muscles**
 - **USE SHOULDERS, NOT ARMS**
 - Arm Circles (15 front and 15 back)
 - 30-second pulses- Internal/External at Side
 - 30 second pulses- Internal/External (goal post)
 - Cross Body pulses-Both sides
- **Towel Drills (Everyone)**
 - Quick Shoulder Turn
 - Quick Rockers
 - Quick Pivot Pick
 - Hop-Stride Throw
- **Throwing Progression**

Solid Front Side mechanics

Nose/Chin to target (on centerline) Quiet Head

Instructional Points:

- **Drill Set- Throwing Program**
- **10-10-10 Standing/ In fielding stance**
 - **Must be perfect or start over**
 - **Infield and Outfield Progressions**
- **10-10-10-10**
 - **10-On back leg-Throw to chest-Power off back leg-Sink deep into the leg.**
 - **10- On back leg-One hop-Power off back leg-Sink deep into the leg**
 - **10-Field One Hop-shuffle-Explode**
 - **10-Fly ball-Track Start position-Exploded through ball**



- FOOTWORK, quick feet...quick-release...good throw...all done with good feet. Contact with the ground. Find center
- Feet...Field...Feet...Fire

Set-Up: Fitchburg-Four Stations-Four Zones

Fielding Drill Constants-Four Zones-Everybody

- Triangle Drill
- Side to Side
- Bucket Drill
- Spin Around Drill-Make them move-Slide to Side

Split in half

- Zone 1 – Star Drill
 - Long hop back and forehand-Make a long hop longer
 - Short hop back and forehand-Make a short hop shorter
- Zone 2
 - Juggle
 - TRACK STAR
 - TCU
 - Line Drills
- Zone 3&4 – Mastery Series
 - Infield Series
 - 2 forehand-2 backhand-one slow roller
 - Outfield Series
 - 2 in front-one left/one right-2 do or DIE
 - ALL end with throw and follow
- Wall Drill-
 - On knees
 - 10x10x10
 - Eyes through the ball
 - Field out front
 - Sweep through the ball

Rotate