

Sluggers Pitching Clinic

Pitching Coordination and Versatility

Mechanics Overview- Pitching Coordination and Athleticism

- a. Every great pitcher has great balance and is able to improvise athletically and still perform.
 - Ex- Quick Pitch, Johnny Cueto Turn, Brent Sutor Rhythm, Clayton Kershaw Pause
- b. If we practice different set up and movements within our mechanics, we become more balanced, athletic, and versatile on the mound.
- c. For example, if your body is working from a closed/open, crossover stance with knee back at balance, your body starts to learn how to adjust to realign and drive to the target...as well as discover what might work for your mechanics in game.
- d. Options are to explore different stances and positions within mechanics, such as
 - Big turn toward second in leg kick
 - Different heights of leg kick
 - Staying tall or sitting into stride
 - Differents speeds and cadence of mechanics
- e. All of these should be explored while working to remain balanced, athletic, and creating extension (stride + release point) to the target.
- f. Formula for Velocity and control = Stride length + Extension to Target

Strategy Overview: Quick Study Scouting Report

- Every swing and every pitch the hitter is giving you information and data to use against him.
- Watch hitters in batting practice
- Watch hitters on deck (where do his practice swings land -- High Pitch, Low Pitch)
- Do their hands cast out in practice swings
- How do they react to pitches in game
 - Do they pull everything foul = offspeed away
 - Do they foul pitches over 1st base stands = FB in, or up and away
- Observe and assess why they swing and miss...or hit a line drive on a certain pitch

Video- [MLB Unique Pitching Styles](#)



1. Warm Up

- I. Resistance Bands
 - i. Pull Aparts (side and rainbows)
 - ii. Diagonals



- iii. Unilateral Arm Circles
 - iv. External Pulses
- 2. Balance Drills**
- l. Balance Position and Pause for 10 seconds
 - m. Balance pickups - Balance Leg, reach down and touch ground 10 times
 - n. Balance Catches - Partner Catches while on balance leg
- 3. Towel Drills (Everyone)**
- l. 2 x Balance Drill - Rocker
 - m. Quick Shoulder Turn
 - n. Hop-Hop Stride Throw
 - o. Quick Pivot Pick
 - p. **Mechanics Build with Towel**
 - i. Slow Stride with hip drive (pocket) to target
 - ii. Quick Stride (challenge to keep body positioning)
- 4. Heavy Ball with Partner**
- l. Flips (curve and changeup optional)
 - m. Shoulder Turn
 - n. Rocker
- 5. Drill Stations (All Pitching Drills focus on leading with the hip/head back)**
- 1. PFP - Rebounder Comebackers Quarterback 3 option drill
 - i. Throw ball off of rebounder
 - ii. Pitcher sets feet to third base, second base, then first base
 - iii. Repeat, but change the sequence - Second, third, first
 - 2. Drill 1: Brent Sutor- Open stance and quick speed
 - 3. Drill 2: Louis Tiant Turn to Second (option to hold at balance)
 - 4. Drill 3: Slow motion (for balance) and extra fast (for efficiency) mechanics
 - 5. Pitching Strength 1- Resistance Band Strides + Skater Holds (for balance)
 - 6. Pitching Strength 2- 30 Trampoline from rocker/30 slow motion mountain climber
 - 7. Live Pitching 1 & 3 sec. holds/ 1.5 sec. Stretch
 - i. Situation = Target practice (repeat three pitches to any location)
 - ii. (Breath/Set/pitch every 6 seconds)
 - 8. Pickoff
 - i. 1st Base - Hold Time Variation
 - 1. Set-Hold 1 Second - Pick
 - 2. Set-Hold 3 seconds- Pick
 - 3. Set- Pick on the way down
 - 9. Pull Down Variation
 - i. Shuffle Throw- 2 shuffles to throw
 - 1. Focus on staying sideways and max shoulder and hip rotation to throw
- 2. Warm Down (Optional)**
- l. Heavy Ball External Jacks- 30 seconds
 - m. Mountain Climbers- 30 seconds

Silver Sluggers Hitting Clinic

Hitting Coordination and Versatility

Mechanic Overview- Coordination and Versatility

- Hitters should be able to find consistency and power from all stances and set ups
- Open Stance, Closed Stance, no stride, feet together big stride
- Bottom line -- All good swings from any set up have
 - Momentum to the target
 - Front foot into the ground
 - Back hip and knee drive
 - Quick hands down the line through the pitcher
 - Head centered and still through rotation

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
- 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
- Each pitch gives you information to use later in the at bat - Great hitters improve every pitch





Warm Up

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

Tee Stations- (Partners)

- a. **Tee 1- Offset Open Stance**
 - i. Drive top and hand back hip through the tee
 - b. **Tee 2: Offset Closed Stance**
 - i. Drive top and hand back shoulder through the tee
 - c. **Tee 3- Crossover Stance**
 - i. Generate rotational speed from set up
 - d. **Tee 4- Kershaw Hover to stride (optional pushing from bosu ball)**
 - i. Generate momentum to the target with stride
 - ii. Head moves with stride to center between feet
 - e. **Heavy Ball Short Toss**
 - i. 5 open stance
 - ii. 5 closed stance
 - f. **Wiffle Balls**
 - i. 5 No stride
 - ii. 5 crossover big stride
 - g. **Live Hitting - Pitching Machine Swings**
 - i. **2 Bunts - 2 Slash Hit (Fake Bunt and Hit) - 8 swings**
2. **Bunting Contest**
 - a. Set up bunting lane
 - b. Best of 5 attempts
 3. **Tracking Station**
 - a. [Juan Soto Knob to the ball Drill](#)
 - b. Front toss close to hitters belly button
 - c. Hitter hits down on the ball with the knob of bat.
 4. **Strength Station**
 - a. Med Ball (or water tube) Rapid Hip to Hip
 - b. Med Ball (or water tube) Rapid Golf swing stance shoulder to shoulder
 5. **Core work - if time allows**
 - a. 30 Bicycle Crunches
 - b. 30 Mountain Climbers
 - c. 50 Flutter Kicks
 - i. Repeat all twice
 - d. 5 x 5 second Supermans
 - e. 30 second- Hollow Hold (feet and shoulders off ground and balance)

SLUGGERS CATCHING CLINIC

3/7/23



BLOCKING-LATERAL MOVEMENT

“An attitude can change-or be changed. We are never stuck for life with an attitude we don’t want. But we-not the situation, not other people-must control the change, so that it’s a change for the better.”

- Walking lunges
- High knees
- Calf raises from toes
- Duck walk
- Dry blocks (5-5-5)
- Rectangle-Warm up
- Agility line drill

Warm-Up(Hands)

- Heavy ball drop and catch
- Wiffle ball Warm-Up(Legs)bare-hand with partner

Warm-Up(Throwing)

- Bands
- Towel Drill
 - Flips
 - Shoulder turn
 - Rocker
 - Heal clicks
- 1 Knee transfers
- Right foot step
- Left foot step(close)
- Catch-right-left standing
- (2) footwork to each base-no throw
- Ball in glove-secondary stance



MECHANICAL OVERVIEW-BLOCKING Laterally

- Anticipate the ball in the dirt
- Take care of the area around the plate
- Understanding spin with pitch that is called
- Leading with the glove
- Keeping glove down-once glove goes down it stays down
- Pushing off the inside of you opposite foot
- Glove gets down first and helps body follow
- Creating body angle to keep ball in front
 - Advanced-creating body angle to base that you will potentially throw to
- Recovery-Job isn't done yet

STRATEGY OVERVIEW-BUNTS

- Anticipate bunt situations before they happen
- Take an out when they give it to you
- Don't be a hero
- Know where every infielder should be
- If we call or throw to the lead base/has to be a for sure out
- As a catcher, we have more time than we think to make the throw on a bunt

DRILLS

Round 1- Lateral Blocking

- Perfect block/glove down laterally and body follows - Station 1
- Tennis balls/no glove - Station 2
- Lateral rollers - ½ cage
- Machine blocks - ½ cage
- Tennis ball-bare hand 1 hops
- Baseball-glove on 1 hops

Round 2- Lateral Blocking

- Standing lateral turns - ½ cage
- 1 hop lateral blocks with baseball - ½ cage
- Live pitch - block and recover with a throw - full cage
- Wall drill
- Block and recover without blocking baseball-ball placed in front of player in stationary position
- Strength Station
 - Sandbag Skaters
 - Bosu Ball Balance
 - Jump Rope (30)

CHALLENGE ROUND

BREAKING BALL BLOCKING OFF MACHINE IF TIME ALLOWS