

Sluggers Pitching Clinic

Load Back / Extension to Target

Mechanics Overview- **Load Back / Extension to Target**

- **Mechanics Overview- Feeling Extension to Target**
 - Full extension with throwing side heel-knee-hip-shoulder- hand in line
 - Focus on throwing side shoulder to target
 - Feel the distance travelled of throwing hand and back shoulder to target

Strategy Overview- **Minimizing Damage/ Improve every Inning**

- The best pitchers bend but do not break, minimizing damage during innings
- No crooked numbers!!!
- Know what a quality pitch is and continue to make them
- Know the situation- When to attack hitters and when to be careful
- Do not put extra runners on base- Walks



New:

[Max Scherzer- Bullpen Routine](#)

[Jacob Degrom - Bullpen](#)

Previous:

[Shohei Othani- Bullpen](#)

[Max Scherzer- Discusses Pitching Mechanics](#)

[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](#)

1. Warm Up

- I. Resistance Bands



- i. Pull Aparts (side and rainbows)
 - ii. Diagonals
 - iii. Unilateral Arm Circles
 - iv. External Pulses
 - 2. Stride Length Warm Up**
 - l. 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)**
 - l. 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**
 - l. Flip Drill- 5FB - 5CB - 5CH
 - m. Shoulder Turn- 5FB - 5CB - 5CH
 - n. Pivot Pickoff
 - o. Rocker- 5FB - 5CB - 5CH
 - 5. Phase 3: Drill Stations (All Pitching Drills focus on stress free flow and rhythm)**
 - 1. PFP Variation**
 - i. PFP - Rebounder Comebackers Quarterback 3 option drill
 - 1. Throw ball off of rebounder
 - 2. Pitcher sets feet to third base, second base, then first base
 - 3. Repeat, but change the sequence - Second, third, first
 - 2. Drill 1: Lean Back Drill**
 - i. Lean into back leg/hip, driving back foot into ground
 - ii. Bring stride leg, knee back into opposite hip
 - iii. Accelerate stride, momentum to target
 - 3. Drill 2: Step Back Drill**
 - i. Drive Back foot into ground to get into stride
 - ii. Head never really gets all the way back over back leg, but stays forward to gain momentum into stride.
 - iii. Find rhythm in movement
 - 4. Drill 3: Reverse Chaining Rocker**
 - i. Start in full extension position
 - ii. Throwing side aligned and reaching out to the target
 - iii. Option to start with back foot up
 - iv. Reverse movement back into rocker position, then throw
 - 5. Live Pitching: Situational Pitching**
 - i. Alternate 1 and 3 second holds/ 1.5 second Stretch
 - ii. Situation = 1st/2nd, 2 outs – Make quality pitches to minimize damage
 - 6. Live Pitching 2**
 - i. Pitching $\frac{2}{3}$ strikes -- First Batter of First Inning (Breath/Set/pitch every 6 seconds)
 - 7. Pitching Strength**
 - i. Skater Jumps with heavy ball catches
 - ii. Heavy Ball Boxing / Heavy Ball Trampoline
 - 8. Pulldown Variation**
 - i. One heavy shuffle and a throw, maintaining momentum through throw
- Warm Down**
- l. Heavy Ball External Jacks- 30 seconds
 - m. Mountain Climbers- 30 seconds

Silver Sluggers Hitting Clinic

Extension Through Ball

Mechanic Overview-

1. Batting Stance-Where to stand
 - a. Create a routine to find a stance position for consistent placement to the strike zone
2. Length through the Ball- Inside Out
 - a. Hands work on a line through the inside of the ball
 - b. Extension is through the path of the ball, fully extended through the target (where you want the ball to go)
 - c. Back heel up, back hip through the ball to support the hands
 - d. Bottom Hand Pull -- Top Hand punch past the ball



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 Side- Minimize Damage

3. 1 for 3 with a walk
 - a. When you are up against a good pitcher, or not hitting well.
 - b. Goal should be get on base any way you can.
 - Draw a walk
 - bunt base hit
 - use ½ of the field to go to the opposite field

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- Wide Base/Close Tee (Low)**
 - i. Set up tee at belly button, close to hitter
 - ii. Compress into back leg/foot
 - iii. Head and Shoulder quiet-hands inside ball to hit up the middle
 - iv. Push out of back leg to front, get front foot into the ground and drive back hip through the front corner of home plate.
2. **Tee 2- Extended Tee (½ swing - Full Swing)**
 - i. Tee out front of home plate/hitter on the outside corner
 - ii. ½ swing - Extend top hand past the ball to up middle contact point
 - iii. Full Swing- Fire top and and back hip through the ball up the middle
 - iv. Push out of back leg to front, get front foot into the ground and drive back hip through the front corner of home plate.
3. **Tee 3- Inside Tee**
 - a. Set up tee on inside corner in front of home plate
 - b. ½ swing - Extend top hand past the ball to up middle contact point
 - c. Full Swing- Fire top and and back hip through the ball up the middle
 - d. Push out of back leg to front, get front foot into the ground and drive back hip through the front corner of home plate.
 - e. Keep hands in so that barrel of bat can find the ball
4. **Bunting Pepper Station**
 - a. Proper Bunting Stance and set up
5. **Heavy Bat, Heavy Ball Launch Angle (high line drives)**
 - a. Hands and back hip through the ball
 - b. Ball must go head high into net
6. **Light Bat Wiffle Ball Hit Downs**
 - a. Quick Swings / No Stride / All hands
 - b. Stay on top of ball
7. **Live Hitting - Pitching Machine Swings**
 - a. 2 Bunts - 1 Slash Hit (Fake Bunt and Hit) - 1 hit and run - 8 swings
8. **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
9. **Hitting Strength**
 - a. Resistance Band hand punches- Emphasis on maximum extension on a line
 - b. Resistance Band bottom hand punches- Emphasis on maximum extension on a line
10. **Hitting Strength 2**
 - a. Med Ball pushes into wall
 - b. Sand Bell Skaters



Sluggers Fielding Clinic

Mechanical Theme - Read the Hop, Get to the Short Hop

- In fielding ready position, first thought is to attack the ball and adjust from there.
- The adjustment comes from reading the hop to get to the short or long hop
 - Sprint to the ball, downhill as a first option
 - Read the hop to get your feet and glove to the short or long hop
- If the ground ball bounces up higher than waste high, sprint to the ball to get to the big hop
- 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- Communicate

- [Defensive Communication Document](#)
- Fielders must talk to their teammates directly about what the next play will look like
- Each player on the field must tell their neighboring fielders the coverage and where they will be throwing the ball...each new hitter or situation (after an out, or when runners advance)

Fielding Strategy Week 1- Play Back 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)
- **Grenade/TCU short Hop Drill**
 - a. Partner or coach tosses ball (with arc) to bounce somewhere in front of the fielder
 - b. Fielder must move feet quickly to get in position to play a short hop
 - c. Drive through (with glove, feet and body) the short hop
- **Two Hop Ground ball Drill**
 - a. Coach hits a high chopper that should bounce twice in front of the fielder
 - b. Fielder has read the hop, move feet to get glove to either a short hop or sprint through the long hop.
- **Sprint around cone to get around ground ball**
 - a. Fielder sprints right, around cone then attacks ground ball to the left
 - b. Fielder must field the ball going downhill (not sideways) through the ball
 - c. Set feet or running throw depending on ground ball
- **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

- **WARM-UP**

- Goal Post Walks
- Lunges
- Resistance Band
- Pull Aparts
- Diagonals
- Internal/External Pulses

- **Towel Drills**

- Quick Shoulder Turn
- Hop-Hop Stride Throw
- Quick Pivot Pick

- **MECHANICAL OVERVIEW-LATERAL BLOCKING**

- Anticipating ball in the dirt(thinking quicker)
- Loose/Fluid Hips
- Pushing off with feet/using the ground to help you
- Driving knees out and down to gain ground
- Turning body in to keep the ball in a recoverable position after you block the baseball

- **STRATEGY OVERVIEW- 1-1 AND 0-2 COUNT STRATEGIES**

- Even Counts, especially 1-1 is a big "swing" count.
- 1-1 should be a called strike, hitter swing at good pitchers pitch
- 0-2 Counts- Aggressiveness to a lane outside of the strike zone

- **DRILLS**

- **Round 1**

- As a group-Single knee transfer-glove action
- Receiving-bare hand heavy balls
- Receiving-bare hand wiffle or golf wiffle balls
- Standing footwork/transfer-15 ball in glove-15 flip from partner
- Crouch footwork/transfer-15 ball in glove-15 front toss from partner
- Ball in glove pops into screen-feed from partner
- 1/4 turn drill-15 reps

- **Round 2**

- Dry block-Left, Center, Right
- Plyo ball-Driving ball down
- Lateral blocking
- Ladder/Knees straight down on the line
- Glove on-Receiving heavy ball-working under the ball
- Snap throws to 1st base
- Ring of fire or receive(2)-transfer(1)-receive(2)---depending on time

- **Challenge Round**

- Timed Pop in Cage
- End to end
- 3 throws per player