

Sluggers Pitching Clinic

Front Side and Front Foot Mechanics

Mechanics Overview- Front Side/Glove Mechanics

- Glove positioning is important in alignment and shoulder turn
- During Stride, glove/forearm follows stride to target
- At foot strike, forearm is out to target
 - Shoulder height, palm out to target (looking at watch on wrist)
- Glove starts shoulder turn by pulling elbow in to through glove side hip
- Glove ends up at armpit, palm up
- Glove action and shoulder turn should be on time with arm stroke and throw.

Mechanics Overview- Front Foot/Stride Mechanics

- Front Foot/Knee drive up and back to throwing side hip at balance
- Front foot closed, hip to the target
- Stay sideways as long as possible
- Foot drives down toward ground and hovers over ground through stride
- Foot stays closed through stride, until right before foot strike and hip turn

Pitch Tunnelling

- Every pitch should come out of the same arm slot, or tunnel. Good hitters identify pitches coming from different arm slots quickly and make adjustments.
- Pitches should stay in the same tunnel or lane as long as possible, breaking or moving late, just before the strike zone.



Videos

[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](#)

[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. Towel Drills (Everyone)
 - I. 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)
3. **Drill Stations (All Pitching Drills focus on head positioning and athletic balance)**
 - I. **Players work in pairs**
 1. Drill 1: Clayton Kershaw
 - i. Stride foot hovers over pitching rubber. Pitcher drives back foot into ground, creating max stride speed and glove coordination to the target.
 2. Drill 2: Balance and Power Pause Drill
 - i. Front Knee Back to Balance Position- Pause
 - ii. Controlled front foot out to strike position - Pause
 - iii. Ideally, pitcher should be in a strong rocker position - from pause, throw with max velo into net (full follow through)
 3. Drill 3: Slow Motion Stride
 - i. Starting in Balance Position - Slow motion, controlled stride to target
 - ii. Partner- Pick Off Mechanics
 4. Drill 4: Pull Down Variation
 - i. Step in crossunder for speed (aggressive step with throwing side foot and stride foot, then quick crossunder. Gain momentum and coordination.
 5. Live Pitching - Situation 1: 1 & 3 sec. holds/ 1.5 sec. Stretch - Situation = Pick a corner
 - i. Best angles- Find lane to the corners of the strike zone with all pitches
 - ii. Partners switch after 6 pitches
 6. Live Pitching - Situation 3:
 - i. First Batter of First Inning (Breath/Set/pitch every 6 seconds)
 - i. Flips to Pitcher- Change Up Flips
 7. Pitching Strength 1
 - i. Heavy Ball Strides- Heavy Ball in each hand, stride out into rocker position
 1. Hands/heavy ball goes out and back to power position
 - ii. Rocker Position- Body Blade (from arm up over shoulder to over opposite knee)
 8. Pitching Strength 2
 - i. 20/20 Trampoline on one foot (20 - balance leg, 20 over landing leg)
 - ii. Jump Rope - 80 reps
 9. Pickoff Drill
 - i. 2nd Base- Inside move
 2. **Warm Down (Optional)**
 - m. Heavy Ball External Jacks- 30 seconds
 - n. Mountain Climbers- 30 seconds

Silver Sluggers Hitting Clinic

Hand/Bat Positioning at Stride

Mechanic Overview- Hand and Bat Positioning (getting bat back)

- “Getting into your hands” is the most powerful tool to increase bat speed.
- Hands need to move, but they need to start the forward swing from a powerful position to increase consistency and speed to the ball
- Hands can really start anywhere in stance, as long as they are in the right position at foot strike
 - Hands back– Over back foot
 - Knob of the bat down, pointed toward catchers feet
 - Do not let bat get flat - Need to be up/down position
 - Create athletic distance between front foot and knob of the bat (stretching the rubber band)
 - Back elbow is back (scap load)
 - Once bat is in the correct position...
 - Pull with bottom hand, turn and punch through the ball with top hand

Strategy Overview- Swing Light is always on!!

- You are expecting your pitch to hit (know your pitch)
- Be aggressive to learn how to hit - You will not learn from taking pitches
- Go into every at bat with a plan for the first 2 pitches then see where you are
 - What to look for or expect early in the count



Videos

[Ronald Acuna - Slow Motion Swing](#)
[DJ Lemahieu - Movement and Rhythm](#)

[Juan Soto- Slow Motion Swing](#)
[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](#)

Warm Up

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

Bunting Contest

- Divide up into two teams
- Bunt contest

Drill Stations

1. Tee 1- Wide Stance, No Stride, Hands Back
 - a. Focus on hands in the right position and swing path to the ball
2. Tee 2- Stride Pause Swing
 - a. Hands back and pause at foot strike
 - b. Pull and punch through the ball with hands
3. Tee 3- Separated Hands ($\frac{1}{2}$ swing / full swing)
 - a. $\frac{1}{2}$ swing to the ball (focus on pull and punch)
 - b. Reset - full swing through the ball
4. Heavy Ball (Low Pitches, Launch Angle hit to top of net)
5. Light Ball (Light bat, hands to the ball, head still/Quick Hands)
6. Short Toss Hit Downs
 - a. No stride, hands above ball, hit the top of the ball
7. Bunting Pepper
8. Dry Swing Station
 - a. Walking Kareoke, holding scap load and shoulders still while hips move with steps
 - b. 30 reps- Quick swings over tee
9. Live Hitting- Cage 1
 - a. 2 bunts - 3 hit and runs- Early Stride / Pause/ Swing - 7 swings
10. Live Hitting- Cage 3
 - a. 2 bunts - 3 hit and runs- Early Stride / Pause/ Swing - 7 swings
11. Tracking Station (check head positioning at foot strike)
12. Strength Station 1
 - a. Bottom Hand Punches
 - b. Scap Load Holds with resistance band
13. Optional - Strength Station 2
 - a. Skaters
 - b. Med Ball Rainbow Slams



**SLUGGERS CATCHING CLINIC
WEEK 3**

**BLOCKING
BLOCK AND RECOVER**

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

Warm-Up(Hands)

- Heavy ball drop and catch
- Wiffle ball
- Baseball 1 hoppers with partner
- Baseball in air flipbacks with partner
- Baseball moving in flips

Warm-Up(Throwing)

- Bands
- Towel Drill
- Flips
- Shoulder turn
- Rocker
- Heal clicks

- Bare hand redirection/On knees
- 1 Knee transfers
- Right foot step
- Left foot step close
- Catch-right-left
- (2) footwork to each base-no throw

MECHANICAL OVERVIEW-Blocking/Block and Recover

- Anticipation
- Don't guess-anticipate and react
- Lead with the glove
- Knees go down and are even
- Go to knees just before or as ball hits dirt
- Glove stays down
- Slight elbow bend helps with body posture
- Bare hand behind glove in a fist



- See ball/don't bury head and chin too early
- Track ball in and put chin and head down
- Shoulder positioning with knees
- Job isn't done after you block the ball
- Get to feet and get ball under control as soon as possible
- Always expect the runner to move when ball is in the dirt

STRATEGY OVERVIEW- Separating Offense and Defense

- Once an at bat is done, you don't have time to dwell on it if the outcome wasn't what you wanted
- You can think about/analyze your last at bat when you get back into the dugout
- When you are on the field you have to focus on the pitcher and getting through the inning
- Almost all of the time, you will be able to prevent more runs defensively than you will be able to produce offensively
- As a catcher, you will have more opportunities to be successful and contribute to your team than almost every other player on the field

DRILLS

Rounds 1 and 2-Blocking

- Perfect block/glove down - Station 1
- Live front blocks - Station 2
- Lateral rollers - ½ cage
- Standing turns - ½ cage
- Standing lateral turns - ½ cage
- Machine blocks/block and recover - ½ cage
- Live pitch - block and recover with a throw - full cage
- Wall drill
- Wall transfers
- Around the ball blocking

CHALLENGE ROUND-RING OF FIRE

LINE DRILL



Sluggers Fielding Practice

Backhand

- **Mechanic Overview-Building a good foundation for a backhand... emphasizing good form, Correct position. Take the time to Explain. Slow down**
 - **Body position-Fielding Position-Head behind the ball!**
 - **Footwork- "A" Drill- Get Space**
 - **Wall Drill and why we should be doing these at home**
 - **Compete for every ground ball, every opportunity**
- **Strategy Overview-SHOW ME YOUR GLOVE-Glove in front**
- **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:

Front side (or glove action)

- Once the ball separates from the glove, the glove turns thumb down to the target-Glove leads the way to the target, with the front forearm positioned so that if you had a watch on, you could tell the time as you look to the target
 - After the front foot is down, shoulders turn by the front elbow, coming back to the body, moving past the glove-side hip, with glove setting (palm up), somewhere between glove-side hip and armpit.
 - Nose/Chin to Target
 - As shoulders start to turn and glove comes into body, nose, and chin go to the target.
 - Taking nose and chin to target creates drive and momentum (velocity) and keeps the body on the centerline to maximize power through body alignment.
- **Drill Set- Throwing Program (All Players Perform Drills Together)-Find a net**
 - Flip Drill (15 throws into the net)
 - Fingers stay behind the ball with four-seam grip, glove tucked to the glove side
 - Active fingers through the ball, through the target
 - Thrower looks for perfect backspin on each throw
- **Shoulder Turns-15 into the net**



- **Coach Bri Drill**
 - **2xCones(Ghost)-Coach roll grounder to player**

Partner Bounce Back

- Working footwork-quick feet- eyes through ball
- One partner bounces the tennis ball to the fielder

Jump Rope 2 people

- Why? Infields athletic-Quick feet

Wall Drill-

- On knees
 - 10x10x10
 - Eyes through the ball
 - Field out front
 - Go through the ball
- Standing-Juggle
 - Quick hands

ITEMS NEEDED

1. **Baseballs and Softballs**
2. **Cones**
3. **Towels and Bands**