

# Sluggers Pitching Clinic

## Lower Half/Drive Leg Mechanics

### Mechanics Overview- Back Leg Drive

- Load into back leg
  - At pivot or getting into stretch position, weight is into the ground on back leg. Drive back foot into ground.
  - At balance position, 100% of weight is into back leg...into the ground
  - Head positioned over back hip
  - Glove, head and front knee in the same area into back hip at balance (in line)
- Hip Drive Tips- Getting into Stride
  - Keep Head slightly back of middle through stride
  - Front side (glove) up at shoulder Height
  - At beginning of stride, hip leads the way (back pocket to target)
  - Push off with inside edge of back foot
  - Stay tall into back side, but flexed knee and athletic position
  - Think -- Push pitching rubber to second base with back foot (not jump to home plate)
- Stride Length and Speed
  - Create speed and momentum with front foot, using back foot to create speed
  - Body position and consistency is most important. Experiment with head positioning to create stride speed and length (without jumping to target)

### Strategy Focus- Know Your Strengths and then Adjust to Hitter from your strength

- Rule 1 - Know what you do well and use it.
  - If your FB low and away works, then use it until the hitter shows you otherwise.
  - If you have a good curve ball, develop a strategy to use your fastball to set up your curve ball
  - When the hitter shows you that he can hit your strength, then you have to work harder to sequence pitches to get him out.
  - There is an out in every hitter, you just have to find where that out is.



### Videos

[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](#)

[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. PFP Options
  - i. Squeeze play- Set up pitcher and catcher. Catcher rolls a bunt to pitcher so pitcher can crash into bunt. Bare hand or glove to field and shovel ball on the run to catcher
2. Pickoff
  - i. Inside Move to Second base - [Link to Instructional Video](#)
3. Drills
  - i. Brent Sutor Drill
    1. Wind Up, Post Leg and Balance Pause (Drive Foot into ground at Post, and Knee, Glove, Face Line at Balance)
    2. Alignment- Nose over back foot, driving foot into ground
  - ii. Mariano Balance Drill with Ground Touch (Modern Version) - [Mariano Rivera Video](#)
    1. Load into balance, reach down and touch ball to ground, reset into balance
    2. Feel (heavy weight) foot into ground, and push with inside edge of back foot to the target into stride.
    3. Stay into back leg as long as possible
  - iii. Step Back Drill
    1. Head back and lead with hip
    2. Stay flexed into the inside of back leg during stride
  - iv. Power Rocker
    1. Load heavy into flexed back leg
    2. Drive from back leg into front leg, creating as much drive as possible
    3. Back foot follows through normally
  - v. Pull Down Variation
    1. Double hop stride throw
4. Live Pitching Situation 1
  - i. 1 & 3 sec. holds/ 1.5 sec. Stretch
  - ii. Situation = 3 pitch sequence
    1. All three fastballs- location sequence to set up pitch 3 for success
    2. Partners switch after 3 pitches
5. Live Pitching Situation 2
  - i. 1 & 3 sec. holds/ 1.5 sec. Stretch
  - ii. Situation = 3 pitch sequence pitching backward
    1. Discover your best 3 pitch sequence with ¾ off-speed pitches
    2. Partners switch after 3 pitches
    3. Quick between pitches- (Breath/Set/pitch every 6 seconds)
6. Pitching Strength 1
  - i. Skaters with med ball touches to ground
  - ii. One knee, stand up Med ball slams
7. Pitching Strength 2
  - i. Wall Drills - [Tom House Wall Drills](#)
  - ii. Jump Rope - 80 reps

# Silver Sluggers Hitting Clinic

## Weight Transfer- Push from Back into front leg

Mechanic Overview- Use Ground to hit (Push from back to front foot)

- Back foot cannot be passive- Purposeful push from back foot to front
- Use head positing to transfer weight
- Head moves into stride to center between feet
- Front foot must be firmly into ground during swing for stability.
- Generate momentum into the pitch
- Use momentum to help hands and back hip drive through the ball

Strategy Overview- Know Your Strengths as a Hitter. Develop a Strategy to Exploit Your Strengths

- As you train for hitting, strive to understand what you do well..what locations of pitches are your hot zone
- Develop a strategy and train to attack the pitches you hit well, and take the ones you do not.
- Know your hitting window - Is it out front (Mike Piazza), or farther back closer to your belly button (Barry Bonds)

Strategy 2 - Eliminating pitches before and during at bat

- Use warmups and previous at bats (to other hitters) as information to look for pitches and locations.
- If a pitcher is pitching to one location 80% of the time, we can look for that pitch.
- Every great hitter can anticipate pitches and locations better than average hitters
- Use the information that the game is giving you to become better.



### 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

## Tee Stations

1. Tee 1- Medball Rolls
  - a. Front Foot starts on top of medball
  - b. Foot rolls off the front of the medball during stride
2. Tee 2- Wide Stance Rocker Hitting Drill
  - a. Wide stance- Start into front foot, rock back then into front foot to hit
  - b. Head stays level and positioned between feet
3. Tee 3- Narrow Stance Stride Drill
  - a. Start with feet together
  - b. Actively push from back foot into stride
4. Tee 4- Crossover Stance Drill
  - a. Start with front foot crossed over back (toe pointed to catcher)
  - b. Stride fast, unwinding into slightly open stance position
  - c. Front foot lands and drives into ground for stability to hit
5. Short Toss Hit Downs
  - a. No stride, hands above ball, hit the top of the ball
  - b. Have hitters experiment with pre-loading into front leg with hands back
6. Strength Station 1
  - a. Rip Trainer Punches with Weight Transfer focus
  - b. Bottom Hand Punches with weight transfer
7. Bunting Pepper
8. Strength Station 2
  - a. Rainbow slams - Stationary
  - b. Rainbow slam skaters
9. Short Toss- Heavy Ball (pitcher throw ball out front so hitter can transfer weight)
10. Short Toss- Light Ball (Light bat, hands to the ball, head still/Quick Hands)
11. Live Hitting
  - a. 2 bunts, 1 slash, 1 hit and run, 8 swings
12. Tracking Station
  - a. Thrower toss ball close to hitters body
  - b. Juan Soto- bottom hand punch the ball down into ground
  - c. Move into pitch- find front foot down timing with movement
13. Dry Swing Station
  - a. Walking Kareoke, holding scap load and shoulders still while hips move with steps
  - b. 30 reps- Quick swings over tee

## 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 then 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 Clinic - Week 3

### Building on Greatness

## 10 Tips To #SUAVE

- Be an *athlete*, not a robot - learn to *dance* with the ball (literally)
- Create angles and maintain *momentum* to your *target* (when possible)
- *Follow* throws whenever possible
- Choose to field the *long hop* or *short hop* (avoid the in-between hop)
- Play *low to high* with flex gloved wrist
- Know when to use *one hand* vs. *two-handed* catch
- Know when to *get in front* of the ball or to *declare* backhand/forehand
- Know when to come and get it...*really come and get it*..and throw on the run
- Know when to execute *minimum footwork* (extra steps are a choice).
- WANT the BALL and EXPECT the ball on *every single* pitch

## Simple to Complex-Our progression

## Drill List to Becoming a Smooth Infielder

- V-Slot Drills
- V-Slot Catch Play Routine - 1/2 of the Play is the Throw
- Fielding Posture Drills
- Footwork Drills
- Hands Drills
- Feet and Hands Combo Drills
- Purposeful Infield Drills..."Big 5"
- Quality Repetitions - Game Speed

Mechanic Overview-Building a Good foundation-First Week... Explain... and Slow down

- Body position
- Footwork
- Arm strength



- **Strategy Overview-Eyes through the ball**  
**PASS the EYES TEST**
- Over Emphasize seeing the ball
- Smooth
- Move your head to see through your hand

#### **:10 Dynamic Warm-Up**

- **Pre-Throwing Shoulder Conditioning-Why we do this**
- **Shoulder Stabilization (with bands/towels)-Quick to wake up muscle**

#### **V-Slot Activation-10 to 20 reps-Every Days**

- 1. Clap V's – No Feet
- 2. Clap V Into L Footwork
- 3. Clap V into Step Through Footwork
- 4. Dribble into V-Slot-With tennis ball
- 5. Dribble into L Box-Go around box-tennis
- 6. Self-Toss Picks into V-Slot
- 7. Backhand Self-Toss Picks
- 8. Self-toss forehand into V-Slot
- 9. ½ Bounce Throw Hand V-Slot

#### **Solid Front Side mechanics**

**Nose/Chin to target (on centerline) Quiet Head**

#### **Instructional Points: V Slot**

- **Once the ball separates from the glove, the glove turns the thumb down to the target and 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, the shoulders turn by the front elbow, returning to the body, moving past the glove side hip, with glove setting (palm up), somewhere between the glove side hip and armpit.**
  - **Nose/Chin to Target**
  - **As the shoulders start to turn and the glove comes into the body, the nose and chin go to the target.**
  - **Taking the nose and chin to target creates drive and momentum to target (velocity) and keeps the body on the centerline to maximize power through body alignment.**

#### **Advance from the Simple to the Complex - LADDERS**

##### **A. Forward**

**B. Backward****C. Eyes closed – Trust your feet – Believe!**

Variations -Forward and Back

- 1.1 In the hole
2. 2 in the hole
3. Side shuffle each way
4. In/in/out/out
5. Double touch on the outside
6. Hopscotch

**JUGGLE-Break down Juggle -Two ball-Up and under  
Start with two balls in the dominate hand  
Up and Under-Two balls**

**Wall Ball Routine**

1. Two Ball Quick Exchange
2. Two Ball Forehand Toss - Bounce
3. One Ball Backhand Hinge - Pick
4. Two Ball Standing Forehand Speed Exchange
7. Kneeling – Zone 1 - Receive
8. Kneeling – DP – Flip Feeds
9. Kneeling – DP – Toss Feeds

**Jump Rope Routine Advance from simple to complex**

1. Everything forward
2. Everything backward
3. Eyes close
  1. Standard
  2. High Knees
  3. Butt Kicks

**Cage Slow Rollers**

Working on what we've learned.

**Throwing Progression-**

- **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 a four-seam grip, glove tucked to the glove side**
  - **Active fingers through the ball, through the target**
  - **The thrower looks for perfect backspin on each throw**



- **Shoulder Turns-15 into net**
  - **Thrower turns front shoulder to target, then turns into throw with shoulders**
  - **Head stays still on the centerline from start to finish.**
  - **Throwing shoulder ending position is to the target**
  - **The goal is for shoulders to turn 180 degrees during the throw**
- **Pivot Pick Off-15 into net**
  - **Shoulder Turn Standing Sideways (opposite of the rocker) to the target**
- **Rocker Drill**
  - **Thrower sets in stride position (as if front foot is down after stride)**
  - **Glove is out to target (proper front side position)**
  - **Weight is back against the back foot**
  - **The thrower makes a turn (with no stride) to throw**
  - **Back foot rotates to heel turn and shoelaces down (toe still maintains contact with the ground)**
  - **Nose and Chin to the target**
- **Finish Position Checklist: SOFTBALL FOCUS**
  - **Glove tucked at glove side**
  - **Nose/Chin to Target**
  - **Back foot still in contact with the ground, with shoelaces down**
  - **Front knee, slightly bent but firm**
  - **Chest over front knee**

**Slow ground balls in the cage, working on V Slot**

**YES, you can indeed work on this at home.**



# Sluggers Fielding Practice

## Forehand

- **Mechanic Overview-Building a good foundation for a forehand... emphasizing good form, Correct position. Take the time to Explain. Slow down**
  - **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**
- **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 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
- **Finish Position Checklist: SOFTBALL FOCUS**
  - Glove tucked at glove side
  - Nose/Chin to Target
  - Back foot still in contact to the ground, with shoelaces down
  - Front knee, slightly bent, but firm
  - Chest over the front knee
- **FOOTWORK, quick feet...quick-release...good throw...all done with good feet.**  
Contact with ground
- **Feet...Field...Feet...Fire**

#### Set-Up: Fitchburg-Four Stations-Four Zones

Fielding Constants-Start with fielding position...HOLD 15 sec...repeat...EXPLAIN

- **START 30X Fielding Position-Glove through the ball-All zones**
- **Zone 1 – Spin Around Drill**
  - Player back to partner-toss, right or left and find and field
- **Triangle-FOOTWORK**
- **Zone 2 -Fly Ball Drill-Track Star – TCU/ tennis balls-DO OR DIE-FAST**
  - **TRACK STAR**
- **Zone 3 – Mastery Series**
  - **Play 1 - Chopper Come and Get it 2-Handed-Toss to Player**
  - **Play 2 - Lateral Forehand on the Run-Ground ball left side**
  - **Play 3 - Field-With-Prep Step-hop step back-Replace feet-Square up-Field (TCU) one hop**
  - **ALL end with throw and follow**
- **Wall Drill-**
  - On knees
  - 10x10x10
  - Eyes through the ball
  - Field out front
  - Sweep through the ball
- **Zone 4 Ground Balls**
  - **Fungo from Coach-Fore Hand**
  - **§ First round on knees**

Rotate

#### Set Up Middleton

Cage: Machine-3 Nets-Modify with the number of players present at the camp

- **Rapid fire-Knees**
- **Cone Presentation Drill**
  - **Player starts with cones in each hand**
  - **Works on keeping cones below knees to work into a good fielding position**
  - **Shows cones out in front during prep steps**
  - **Drops cones slightly closer than shoulder with gently right before fielding ball**

**Infield Short Hops- 10-10-10-Knees**

- **Play 1 - Chopper Come and Get it 2-Handed-Toss to Player**
- **Play 2 - Lateral Forehand on the Run-Ground ball left side**
- **Play 3 - Field-With-Prep Step-hop step back-Replace feet-Square up-Field (TCU) one hop**



- ALL end with throw and follow
- 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





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[Google Calendar](#)- Sluggers Winter Training Schedule

[Team Training Information](#)- Links to Registrations and Instructions for Clinics and Team Practices

[Clinic Plans for the Week](#)- Players Review Prior to Clinics, or Use for At Home Training Information

[Online Apparel Store \(Sluggers Logo Apparel\)](#)- Items can be ordered anytime, delivered to your home.

[\\*\\* New Great Lakes Wood Bats for Sale- Order Details and Informaton\\*\\*](#)

These are some of the best wood bats on the market. We just received a shipment of 32" and 33" Pro Maple 271 models-- Order while supplies last.

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## Sluggers Drill/Video of the Week

[Trey Mancini- Tee Hitting Drills](#)

[Adam Eaton- Tee Hitting Drills](#)

Pitching Drills will start in Feb!!

### Previous Weeks

- Cody Bellinger- [Step Back Hitting Drill](#)
- [Solo Wall Ball Fielding Drills](#)

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\* **Parents and players-** Please check/confirm your schedule on the Upper Hand app (Dashboard Page) to ensure that you have only signed up for 2 clinics per week.



**\*\*Double Check Times and Dates of Clinic Registrations:**

Check on Upper Hand App dashboard schedule for your schedule of clinics, and reference those times on the [Google Calendar](#). We have some baseball players signed up for softball clinics on Mondays and would like to avoid too much confusion with our clinics.

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**Sluggers Training Journal**

**Details and Information- Sluggers Training Journal**