



Sluggers Pitching Clinic

Change Up Mechanics / Fish Day

- **Mechanics Overview- Change Up**
 - a. Change Up has slower, and diagonal backspin (not side spin)
 - b. Grip: 2-Seam grip, with middle and ring finger between seams, thumb underneath
 - c. Keys to Release
 - Thumb stays down, index finger (circle) stays sideways
 - Reach out to target
 - Stay aggressive, and let the grip reduce speed/spin

[Change Up Demo](#)

[MLB Best Change Ups](#)

[Picture- Degrom Change Up](#)

Strategy Focus- Holding Runners on Second Base

- Pitcher should be able to hold a runner on second base without the help of the infielders
 - Inside pick off move
 - Spin Move with no throw
 - Holding Ball with quick step off
 - Quick delivery to home plate
 - Read the lead!!



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. Drill 1: **Rocker with back foot up- Change Up with Heavy Ball**
 - i. Low Setting into legs
 - ii. Extend out to release point of change up and hold
 - iii. Reset and throw
 - iv. Full Extension over front side
 - v. Feel Change Up coming out of hand in front of face with thumb down
 2. Drill 2: **3- Stride Drill to max stride length (Change Ups)**
 - i. Drive back shoulder to target for full extension throws
 3. Drill 3: **Crossunder stride to pitching Mechanics- Change Up**
 1. CrossUnder step, then drive/front knee up to get into pitching mechanics
 2. 1 Fastball/ 1 change up
 4. PFP
 - i. Bunt charge to throw to third
 - ii. Option 2 - Bunt Charge, check third and throw to first
 5. Pickoff - 1st base pick combo
 - i. 1- Hold – Aggressive Step Off to First
 - ii. 2- Quick Pick to First (as you come set)
 6. Pitching Strength 1
 - i. Heavy Ball Change Up Shakes to RDL (from arm up over shoulder to over opposite knee with back foot up)
 - ii. Stride Slides with Towel - Hold Heavy Ball with change up grip during stride
 - iii. Optional - Resistance Band Change Up Holds
 7. Pitching Strength 2
 - i. Trampoline Change Ups (Green or blue ball)
 - ii. Plyo Wall - Reverse Throws
 8. Live Pitching: 1 & 3 sec. holds/ 1.5 sec. Stretch - Situation = **Get to 1-2 Holding Runner on Second**
 - i. Discover your strategy to get to 1-2 every batter
 - ii. Hold Runner on second base (come set and look at second base, varying times to home)
 - iii. Partners switch after 3 pitches
 - iv. Live Pitching 2
 1. Get to 1-2 (Breath/Set/pitch every 6 seconds)
 1. Must throw 50% change Ups
 2. Flips to Pitcher- Curve Ball Flips
 3. Switch after every 3 pitches
 9. Pulldown Variation
 - i. Crossunder Hop Stride Throw with change up
 1. Feel Change Up coming out of hand in front of face with thumb down

Master Drill List

Bucket Drill for Leg Drive
 Drop Step Drill- Head on center line
 Balance to Power x 2 - Creating Line in Balance Point
 Balance Drill- Drive foot down at Pivot, feel ground under foot
 Crossover drill- Drive foot down
 Stretch Position- Hold Runners On 1st/2nd
 Feel ground under drive foot
 Vary Times/Hold Ball
 1.5 or less to target

Slow Motion Mechanics - Head still and great balance position
 Fast Motion Mechanics into Net
 Pick Off Moves- Tutorial and Practice
 Pitcher Pick ups
 Stay Back Drill- Stride to Extend
 Step Back Drill- Drive Back foot into ground to get into stride
 Stretch position crossover quick stride drill (extreme turn)
 Extend to finish sideways drill (180 degrees shoulder dr



Silver Sluggers Hitting Clinic

Bat Speed

Mechanic Overview- Bat Speed to Exit Velocity

- Bat speed + Quality Contact (swing plane) = Exit Velocity
- Balance/Using Ground for stability
- Core stability and head still- Creating body position so that head and spine is in line for rotational axis
- Head stays between feet
- Action Components -- All good swings from any set up have
 - Momentum to the target- Push from back foot into front with Front foot into the ground
 - Back hip and knee drive through the ball
 - Quick Hands and efficient bat path - Knob first (bottom hand) then strong top hand punch
 - Accelerate through the finish

Strategy Overview- Default Aggressive with bat speed

- Do not let the pitcher take away bat speed with change of speeds
- 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

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

Tee Stations

1. Tee 1- **Wide Stance/No Stride: Tee at Back Hip (Starting at belly button)**
 - a. Use bottom hand to control knob of bat, top hand to control barrel
2. Tee 2- **Wide Stance/No Stride: Tee at Front foot at stride**
 - a. Push from back foot to front foot
 - b. Chin and front shoulder moves to the pitcher
 - c. Drive top hand and back hip through the ball
3. Tee 3- **Leg Kick Hover to Hit: Tee at Back Hip**
 - a. Start in leg kick balance position
 - b. Front foot down, accelerate through the ball
4. Tee 4- **Leg Kick Hover to Hit: Tee at stride length**
 - a. Head to the ball, back hip catches up to head in rotation
5. Dry Reps- Air Resistance Bat
6. Bunting Pepper
7. Short Toss Hit Downs (wiffle balls into bownet)
 - 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
8. Strength Station 1
 - a. Rip Trainer Punches
 - b. Bottom Hand Punches
9. Strength Station 2
 - a. Scap Load Holds with resistance band
 - b. Med Ball Rock the Baby (shoulder to shoulder/Pendulum Swings)
 - c. Med Ball Standing Russian Twist - Quick Hip to Hip
10. Short Toss - **Heavy Ball**
 - a. 5 into back hip
 - b. 5 in front of stride (out front of hitter)
11. Short Toss - **Wiffle Balls (Light bat)**
 - a. 5 into back hip
 - b. 5 in front of stride (out front of hitter)
12. **Live Hitting - Pitching Machine Swings**
 - a. **2 Bunts - 2 Slash Hit (Fake Bunt and Hit) - 10 swings max bat speed**
13. Tracking Station-
 - a. Tracking Station (check head positioning at foot strike)
 - b. Move into pitch- find front foot down timing with movement
14. Dry Swing Station
 - a. Walking Karaoke, holding scap load and shoulders still while hips move with steps
 - b. 30 reps- Quick swings over tee



SLUGGERS CATCHING CLINIC

2/21/23



STANCE/SET-UP/RECEIVING

A person who is encouraged to “just do your best” usually doesn’t. They don’t clarify what their best might be; they don’t extend themselves to find out.

- 20 Foot warm up
 - Run Down Back pedal back
 - Side Shuffles
 - Karaoke
- Walking lunges
- High knees
- Calf raises from toes
- Duck walk
- Reverse Duck Walk
- Dry blocks (5-5-5)
- Agility drill
- Rectangle drill

Warm-Up(Hands)

- Heavy ball drop and catch
- Heavy Ball receiving with Partner
 - No Glove Ball travel to Chest
 - No Glove Ball travel with hand turn
 - Glove Ball travel to Chest
 - Glove Ball travel with Glove turn
 - Receiving with Right Foot Step Up
- Wiffle ball warm up with a partner

Warm-Up(Throwing)

- Bands
- Towel Drill
 - 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

STANCES

Basic set-up-distance from plate-giving signs

- Primary position-setting up behind the plate with no one on base
 - Adjusting where your body position/set-up based on where you want the pitch, type of pitch, and how the pitcher is pitching
 - One knee down
 - Kick Stand
 - Splits
- Secondary position-runners on base
 - Why are we set-up differently and what is different
 - What not to do
- Glove positioning after set-up
 - Glove Starts different depending on pitchers needs

RECEIVING

- Just catch strikes(don't try to do too much)
- Don't try to do too much with good pitches
- Always working up
- Thumb underneath the baseball
- Start early to be slow rather than late and fast
- Getting ahead of the ball
- Being firm but with give-don't overextend or let the ball eat you up too deep
- Explain difference between sticking and pushing a pitch-TIMING

RECEIVING FROM EVERY SET-UP

- Wall Drill-Receiving (2)
- Mini-Wiffle ball machine with net glove (2)
- Lite-Flite balls-barehanded (2)
- Tennis ball hoppers-barehanded (2)
- Heavy ball with glove (2)
- ½ Cage with baseball/softball-underhand flips working closer to partner (2)
- ½ Cage with tennis ball drops barehand (2)
- Bucket drill-tennis ball bare hand and glove-focus on quietly shifting (2)
- Bosu ball conditioning station with med ball (1)



- Skipping rope (1)

Additional stations if needed:

- Bosu ball receiving-bare hand and glove
- Lateral skaters with med ball of weight
- Wiffle ball high low or color
- Glove low picks with baseball/softball

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: 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 -Machine 3 Base Drill
 - Base 1 is a catch into a tag
 - Base 2 is a short hop into a tag
 - Base 3 is a long hop into a tag



- **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
- 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