

Sluggers Pitching Clinic

Rhythm and Cadence for Length and Velocity

Mechanics- Rhythm and Cadence

- Pitching mechanics are better when there is a flow or rhythm from one stage to the next
- The best rhythm mechanics pitchers use leverage and momentum to create velocity and direction to the target
- Rhythm starts with body positioning (head) so that our arms and legs can work in sync with each other with timing.
- To work on this, pitchers can focus on flow and cadence in drills. Goal is to create mechanics where there are no pauses or stopping points from first step through release point

New:

[Shohei Othani- Bullpen](#)

[Max Scherzer- Discusses Pitching Mechanics](#)

Previous:

[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](#)

Strategy: Pitching to Strengths

- Every great pitcher knows their strengths and how he will get hitters out.
- "I will win each at bat (beat hitters) by throwing _____ pitch to _____ location"
- Pitchers can use other pitches to compliment the "decision pitches" above so that hitters do not zone in on the same pitch to the same location.
- For example -- If a pitchers decision pitch is Fastball down and away, a fastball up or in or CB down can be used to open up the outside corner for outs when needed.





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. One foot balance throws (glove side foot down)
- o. Hop-Hop Stride Throw
- p. Quick Pivot Pick

3. Heavy Ball Throws to Partner

- I. Flip Drill- 5 FB/5 CH / 5 CB
- m. Shoulder Turn- 5/5/5
- n. Pivot Pickoff
- o. Rocker- 5/5/5

4. Drill Stations (All Pitching Drills focus on head positioning and athletic balance)

I. Players work in pairs

1. **PFP and**
 - i. Wheel play bunt throw to third (quick spin and throw to third)
2. **Pickoff**
 - i. Inside move to second
 - ii. Spin move to second
3. **Drill 1: Bucket Drill for Rhythm**
 - i. Start in Set Position- Front foot comes up to tap bucket - Pitchers leans into target slightly to gain momentum. Stride foot releases from bucket to create speed into stride.
4. **Drill 2: Wide Stance Load Back Drill**
 - i. Pitcher sets up in wide stance with glove at back hip. Stride knee quickly drives back to glove, then back out into stride, creating a rhythm back and then forward into stride
 - ii. Think more back to forward, not up and down with stride
5. **Drill 3: [Walking Wind Up](#)**
 - i. One Partner does Walking Windup
6. **Pitching Strength 1**
 - i. **Down Dog to Plank Mountain Climbers**
 1. Start in Plank position, move to down dog, then return to Plank
 - a. Do 10 mountain climbers
 - b. Rest and Repeat
 - ii. **Lateral Slides- [Video](#)**



1. Wide Stance like rocker – Open front foot to target, slide back and forth keeping hips low
- iii. **Optional - Body Blade Arm Stroke Drills**
 1. Use Body Blade to create a more flowing arm stroke
 2. Seconds then rest
7. **Pitching Strength 2**
 - i. **Wall Plyo Pushups- [Video](#)**
 1. Stand up Push up position into wall. Push up/out off of wall, releasing hands from wall, then fall back into wall into push up position
 2. Repeat 15 times
 - ii. **Lunge Jumps - [Video](#)**
 1. Lunge position, hop up and switch feet into lunge position
 2. Repeat
8. **Live Pitching 1: 1 & 3 sec. holds/ 1.5 sec. Stretch**
 - i. Situation = 0-0 count - 3 pitch sequence to get to 1-2 and best pitch/location
 1. Start with 0-0 count - Quality pitches to get to 1-2 to set up your out pitch
 2. After first round, pitcher must use one off speed pitch in sequence
 3. No middle strikes!!
 4. 2-1 count = 10 burpees
 - ii. Hold Runner on first base (come set and look at first base, varying times to home)
 - iii. Partner- Change Up Flips
 - iv. Partners switch after 3 pitches
 1. Crow Hop to throw
9. **Live Pitching 2**
 - i. Situation = 0-0 count - 3 pitch sequence to get to 1-2 and best pitch/location
 1. Start with 0-0 count - Quality pitches to get to 1-2 to set up your out pitch
 2. After first round, pitcher must use one off speed pitch in sequence
 3. No middle strikes!!
 4. 2-1 count = 10 burpees
 - ii. Partner- Curve ball flips
 - iii. Switch after every 3 pitches
10. **Pulldown Variation**
 - i. Standard Pull Downs
 1. Jog-accelerate-sideways
 2. Run forward for momentum
 3. Keep momentum while turning sideways

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

Pull Side Power

- **Mechanics Overview- Pull Side Power**
 - Pull Side power starts with:
 - Hands In
 - Barrel to the ball early (in front of home plate)
 - Hands and back hip work together to create power and extension through the ball, not around it
 - Hands stay close to body
 - Think - Hands in, hip to the ball, attack the bottom ½ of the ball
 - Pull Side Hitting Window - Get the barrel of bat to the ball with top hand.
 - Think – Inside pitch needs to be hit in front of home plate
 - Video- [Mike Trout Home Run to Left Field](#)



Strategy Overview- Know your strengths as a hitter

- If you are a middle-in hitter, develop a strategy to attach middle in, and take other pitches unless there is two strikes.
- If we know our identity as a hitter, then we can adjust our strategy to align with our swing.



Videos

[Mookie Betts Slow Motion Swing](#)

[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](#)
[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

Stations

- a. **Tee 1- Wide Stance/No Stride- [Close Tee Inside Pitch Drill](#)**
 - i. Set up Tee/Ball at inside corner in front of home plate (pull contact position)
 - ii. Keep hands in and Get barrel to the ball to pull ball in the air
- b. **Tee 2: Hands apart with Fungo**
 - i. Set Up tee middle Up in front of home plate
 - ii. Set hands approximately 3-4 inches apart
 - iii. Pull ball in the air using top hand and back hip
 - iv. Swing remains level, but hit bottom ½ of ball
- c. **Tee 3- Exit Velocity**
 - i. Set up in Pull Position - Get Maximum exit velo
- d. **Tee 4- Zagrodnik Scissor Swings Tee Drill (pull side swings)**
 - i. Normal Stance
 - ii. Front knee comes back as hands go forward, crossing over each other
 - iii. Hands and shoulders go back as you stride into swing
 - iv. Feel the sling shot effect of shoulders and hips working separately
- e. **Heavy Ball Short Toss**
 - i. Pitchers throw ball in front of front hip (pull position)
 - ii. Hitter hits ball as hard as possible, driving hands in, back hip and top hand through the ball
- f. **Wiffle Balls**
 - i. Pitchers throw ball in front of front hip (pull position)
 - ii. Hitter hits ball as hard as possible, driving hands in, back hip and top hand through the ball
- g. **Live Hitting - Pitching Machine Swings**
 - i. 2 Bunts - 2 Slash Hit (Fake Bunt and Hit) - 10 swings (Pull everything)
 - ii. Home Runs to pull side
- h. **Bunting Pepper**
 - i. 15+ Bunts (15 sacrifice)
- i. **Trigger Drill with PVC**
 - i. Partner tosses tennis/wiffle ball to hitter
 - ii. Hitter triggers back hip, knee, and foot into pitch while holding front shoulder still (pvc pipe at back of stance, held up with bottom hand)
- j. **Strength Station 1- Partner Power Swings**
 - i. Hitter gets bat into contact position
 - ii. Partner puts hand on barrel of the bat providing resistance through swing, contact position to extension
- k. **Strength Station 2**
 - i. Med Ball Russian Twist
 - ii. Top Hand Resistance Band Punches - back knee down and low swing plane
 - iii. Bottom Hand Punches (straight line, full extension to pitcher, band should not touch body)

SLUGGERS CATCHING CLINIC

PLAYS AT THE PLATE



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

Warm-Up(Hands)

- Heavy ball drop and catch
- 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

MECHANICAL THEME-TAG PLAY(Do or Die)

- Set-up
- Communication
- Staying in an athletic position
- Left leg-anchor



- Let ball travel
- Catch ball first
- Use momentum of ball to help move glove
- Apply tag
- Get ball in glove away after tag

Drills

Round 1-Tags

- Tags off of machine (in air)
- Partner picks
- Coming off plate and returning (dive)
- 2-handed (heavy ball)
- Lite-Flite (without a glove)

Round 2-Receiving (full gear)

- Bucket-barehand
- Crouch-barehand
- Heavy ball-bare hand
- Reg receiving-glove
- Rapid fire-glove
- Machine receiving

Round 3-Blocking (full gear)

- Dry front blocks-tape/line as landmark
- Block position set-block
- Live blocking
- Block and recover
- Lateral blocking
- Machine blocking

COMPETITION ROUND

POP TIMES



Fielding

Complete Player

- **Mechanic Overview-Building a good foundation for a fielder... emphasizing good form, Correct position. Explain. #CSR-Calm-Slow-Relax**
 - **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**
 - **WANT THE BALL ALL THE TIME. 4 times in a game.**
- **Mental Overview-Z3-Where is your Z3-Zen Den**
 - **#SWDC-So what, Don't care**
- **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:

- **Drill Set- Throwing Program**
- **10-10-10 Standing/ In fielding stance**
 - **Must be perfect or start over**
 - **Infield and Outfield Progressions**
- **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**



- FOOTWORK, quick feet...quick-release...good throw...all done with good feet. Contact with the ground. Find center
- **Feet...Field...Feet...Fire**

Set-Up: Fitchburg-Four Stations-Four Zones

Fielding Drill Constants-Four Zones-Everybody

- Triangle Drill
- Side to Side
- Bucket Drill
- Spin Around Drill-Make them move-Side to Side

Split in half

- Zone 1 – Star Drill
 - Long hop back and forehand-Make a long hop longer
 - Short hop back and forehand-Make a short hop shorter
- Zone 2
 - Juggle
 - TRACK STAR
 - TCU
 - Line Drills
- Zone 3&4 – Mastery Series
 - Infield Series
 - 2 forehand-2 backhand-one slow roller
 - Outfield Series
 - 2 in front-one left/one right-2 do or DIE
 - ALL end with throw and follow
- Wall Drill-
 - On knees
 - 10x10x10
 - Eyes through the ball
 - Field out front
 - Sweep through the ball

Rotate