

Pitch WIDTH:

Follow as below:

Work on your technique and spin to warm up for 15 minutes of pitching. Stay loose and relaxed and work on your drop spin and your rise spin. Once you are warm and have thrown your pitches at full speed put down the home plate and measure the pitching distance. The catcher is in full catchers gear.

Pitch called strikes so the whole ball is in the strike zone.

Throw your dominant pitch (For most of you this is the drop). Throw hard. Try to pitch it somewhere between the batters hip and knee height and throw hard.

Catcher needs to set up as though it is a 0-3, 1-3 count. Give the pitcher a big target.

Pitch 15 x pitches.

Now test yourself: How many strikes can you get out of 6 pitches?

Try to pitch the entire softball in the zone so the umpire has to call it a strike.

The next 3 diagrams indicate 3 different location/widths of the pitches.

We want you to get good at pitching to these locations:

- drop over the plate to the batters knee height down the outside channels of the plate
- drop as a ball off the plate
- rise inside & above the strike zone (inside rise is better than outside rise)

After you have completed below then do 10 x change ups. Try to get it low to the bottom of the strike. It can be either a strike or a ball, but low is usually better than high for a change up.

Then alternate:

Drop strike on knee outside, drop ball off plate. Do 10 pitches

Rise ball inside, change RHB. Do 10 pitches

To Finish: Pitch 10 dominant pitch through the middle of the zone.

PITCH WIDTH

Strikes inside & outside – drop

Stick a piece of tape down the middle of the plate. Pitch your drop to the bottom of the strike zone and on the outside channels of the plate. Pitch 10 x pitches inside to the right of the tape and 10 x pitches outside to the left of tape. Now test yourself: Out of 5 pitches how many can you get on the knee and out or in?

Pitch your drop as a ball off the plate at knee height. Pitch 10 x pitches inside and 10 x pitches outside.

Now test yourself: How many out of 5 pitches can you get as a ball? Do both in & out.

Ball inside and above strike zone - rise

Pitch your rise as a ball above the strike zone inside (batters shoulder/head high).

Pitch 10 x pitches inside ball to a right hand batter.

Pitch 10 x pitches inside ball to a left hand batter.

Now test yourself: How many can you get out of 5 pitches?