

## Pitching - Drills from Release to Ready Position & Full Motion Training

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### Release:

- **Whips:** Sequential Sequencing – Upper Arm, Elbow, Forearm, Wrist, Axial

### Spine Stability:

- **Front Leg**
- **Back Leg**

Use Light to Heavy PFP® Plyo Balls 

- For added challenge, remove shoes or use balance pad

### Dissociate & Decel:

- **Head Stabilizers (Front and Back)**
- **Lead Leg Squeaker**
- **PFP® Lead Leg Sliders**

### Leg Power & Speed:

- **Skips**
- **Backpedals**
- **Sprint Starts**

### Efficiency:

- **Long Toss \*\*PFP® Minichutes**

### Ready Position:

- **Load & Go**
- **Full (1-2 timing)**

### Training:

- **Target Practice**
- **Compass Drills (North, South, East, West)**
- **Windshield Wipers**
- **Defensive Sets (Pitch, Ground Ball, Bunt, Fly Ball)**

### Notes: