

Pitching Clinic with Jen Scavone

This 10 Week instructional clinic is aimed at teaching beginner pitchers the fundamentals and mechanics to become a successful pitcher. Each girl will learn the essential skills needed to become a strong, powerful pitcher and leave this clinic with not only the knowledge but more importantly the confidence to succeed on the mound.

Week 1

Introduction to basic pitching

- Proper Grip
- Fundamentals of the pitching motion: motion, load, 1st movement...
- Power line - the line in which every pitcher works off of to ensure accuracy, speed, power and muscle memory.

Week 2

Footwork

- This week we will focus on teaching the importance of legs and lower body strength.
- Drills will focus on pre-motion, leg drive, balance, stride, and power

Week 3

Upper body form

- During week 3, the focus will be on the upper body, head and making sure correct posture is maintained from start to finish.
- Drills will include 1 knee, 3 step drill, windmill in place

Week 4

Release Point

- Working on staying behind the ball
- **Upper arm decelerates while wrist accelerates**
- Follow thru form

Week 5

Figure 4

- Lower body finish
- 45 degree angle drills/ Do not slam door shut
- Towel drill - working on keeping contact w/ the ground

Week 6

Increase of speed

- Drills will focus on body explosiveness off the mound
- Net/fence drill

- Single leg drill - use legs for power, work on loading onto front foot and explode forward toward catcher. Maintain straight posture and work on correct timing of opening up

Week 7

Cannonball/Fast pitch drills

- Week 7 will focus on weighted balls to work on correct snap as well as forearm strength.
- 1 lb drill - overhand
- Sit and snap
- Sidewall snaps
- 180 degree drill

Week 8

Resistance

- Building off of previous lower body drills, this week we will work on each girl's ability to work against resistance.
- K drill with resistance bands
- Towel drill w/ resistance

Week 9

Balance beam - Accuracy - Mental components

- Working off of our power lines, incorporating balance beam effect will ensure pitchers are maintaining balance and power on their power line.
- Week 9 will be where we begin to talk about accuracy - inside pitches, outside pitches and determining mental approach to be successful at getting hitters out

Week 10

Introduction of different pitches

- Change up, Rise, drop
- Bucket drills
- Accuracy drills