

PITCHING WARM UP

Warm Up

- 10 wrist flicks from about 6-8 feet away from the catcher
- 10 throws from the 9 o'clock position (with no step) about 20 feet away
- 10 throws from the 9 o'clock position (with step) about 20 feet away
- 10 full windmill throws with step, starting sideways to the catcher 25 feet away
- 10-15 throws, full windup, full distance 30ft, 35ft, 38ft

Pitchers should work on good form through their windup, strong fast arm and follow through on delivery. Mix in some change-ups if the player can throw them.

Watch your young pitcher and look for areas they are struggling with:

- follow through
- striding
- looking at their target (catcher)
- proper grip on the ball
- proper spin on the ball (wrist flicks)
- fast arm speed

You can then focus on areas they need more help on to make them a better pitcher. Once the player sees some success and experiences how it feels to deliver a good solid pitch, they will start to develop good habits and be more open to coaching pointers.

It is important for a pitcher to get a warm up before going in, at any age group, this will avoid most injuries that can happen. As a coach, you will be given resources to make sure you have the ability to warm up your pitchers in nets and balls, this is a great opportunity to engage a parent to act as your “bull pen” manager.

There are also new rules for pitchers and the younger age groups with regards to innings allowed to pitch in any game. Make sure you are aware of those.