



Drills: Four-Corner Pickoff

Goal:

To make pitchers proficient in pickoffs at all bases; to practice correct pitchout procedure

Description:

Pitchers divide into four groups on the mound, each with two baseballs. Using the pitching rubber as a center point, one group stands on the first-base side of the mound and faces first, one stands on the second-base side of the mound and faces second, and so on, so that pitchers will be working on throws to all four corners. Catchers are at home plate, and the remaining players act as infielders stationed at each base. On your command, pitchers practice pickoff techniques at first, second and third base. Pitchers at the front of the mound facing home plate work with catchers on throwing pitchouts to both left- and right-handed batters. After five minutes, pitchers rotate clockwise to the next station. Each pitcher should attempt to make five to seven picks at each station with emphasis on using quick feet on picks to first, timing and daylight moves with the second baseman and shortstop on throws to second, good head fakes and stepping on a 45° angle on throws to third, and chest-high throws well outside the strike zone on pitchouts to home.

