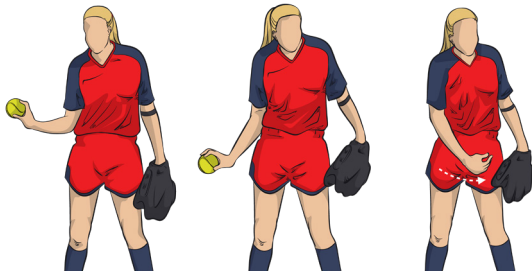


# 30 MINUTE PITCHING WORKOUT

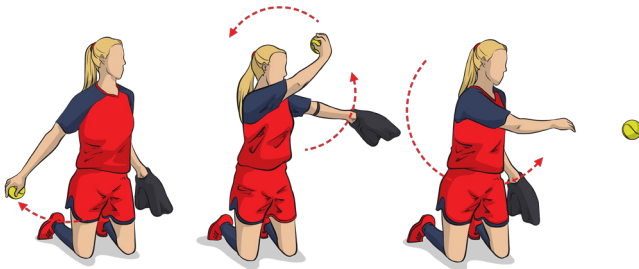


**DYNAMIC WARMUP (5 MINUTES): LIGHT JOG, ARM CIRCLES, BUTTKICKERS, HIGH-KNEE RUNS, CARIOCA**



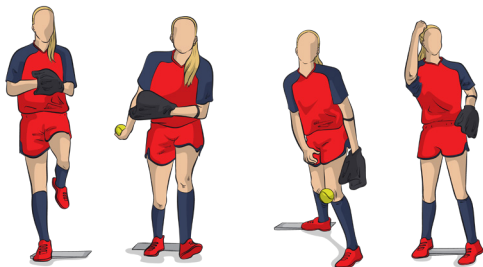
## WRIST SNAP DRILL (5 MINUTES)

1. Start with the ball in your hand, elbow against your waist and wrist cocked
2. Hold your glove below your glove-side hip, facing inwards
3. Bring your wrist down and forward, then



## KNEE DRILL (5 MINUTES)

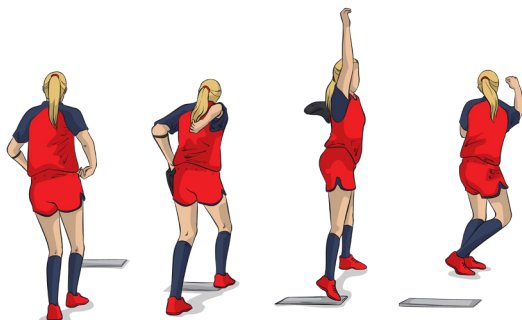
1. Kneel down on both knees with upright posture. Face a partner, wall or target 10-15 feet away.
2. Start in the "open door" position with both shoulders and hips pointed to the target and wrist cocked.
3. Swing back, complete a full windmill, then release the ball to the target



## KNEE UP DRILL (5 MINUTES)

1. Stand on the rubber facing a partner, wall, or target 35-40 feet away.
2. Raise your stride knee up and hold it there for a count of three
3. From the knee up position, drive forward toward home, complete the stride, windup, release and follow through.

**SANITIZATION AND WATER BREAK (5 MINUTES)**



## ARM SPEED DRILL (5 MINUTES)

1. Stand behind the rubber, facing a partner, wall, or target 35-40 feet away
2. Take a step forward then smoothly transition into your full pitching motion. Release the ball to the target
3. Repeat, this time using a weighted softball
4. Alternate between regular softball and weight softball on each pitch, focusing on arm speed and power