



Pitcher's Two-Out Drill

The "Two Out Drill" is a mobility routine that is intended for pitchers to complete once there are two outs in the batting half of the inning. The routine is intended to prepare the body to return to throwing as the arm can get tight while sitting in the dugout waiting to pitch. This is particularly important during long innings. This routine is intended to take approximately one minute.

Cross Body Stretch:

- Pull throwing arm across body
- 3 sets of 3 seconds



Wrist Flexor Stretch

- Straighten throwing arm elbow and pull hand/fingers back to stretch wrist flexors
- 3 sets of 3 seconds



Arm Circles

- Complete 5 arm circles forward, 5 arm circles back, 5 arm circles forward, 5 arm circles back
- Keep circles relatively small, about the size of a basketball

Horizontal Abduction - Standing "T"

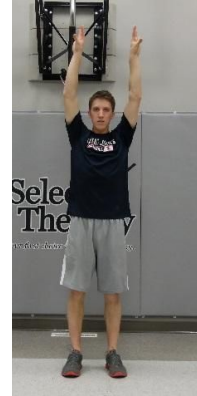
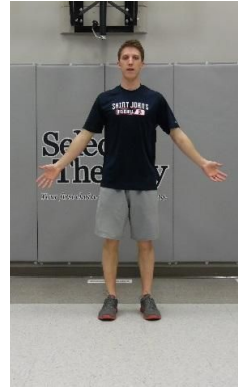
- Start with arms in front of you, move them back into a T position
- Complete x5





Internal Rotation at 90 degrees Abduction

- Stand facing away from the band anchor, arm elevated to 90 degrees, elbow bent 90 degrees
- Start arm in “L” position and rotate arm forward, slowly return to start position and repeat



Shoulder External Rotation at 90 Degrees Abduction

- “Goal Posts”
- Elevate arms to 90 degrees with arms to the side
- Bend elbows and rotate hands back
- Complete x5



Bent Over Trunk Twist

- Bend over at the waist with arms long
- Rotate trunk right and left x5 times each direction



The 2-out drill was developed originally by Kyle Yamashiro and Rafael Escamilla