



Advanced:

**Description-**

Able to throw on the toughest pitches from feet or knees (1KD). Shows quick pace, arm strength and consistent accuracy.

Pop-times don't vary more than .10 sec. on varying pitch location.

Intermediate:

**Description-**

Able to handle tougher pitches lateral of the K zone with consistent rhythm, delivery and quick pace. Accuracy is consistent and misses are close to target.

Pop-time varies >.17 sec. with diff. pitch location.

Foundation:

**Description-**

Ability to repeat the delivery with two-step ft work rhythm on pitches in the strike zone, slight struggles handling pitches out of the zone. Accuracy is average with random misses and high throwing effort being.

**Drills:**

- 1KD throwing. Throwing from Knees -120' partnered strikes 4 reps ea. -Picks w/accur to correct side of the base. -Pick and throw Dr.
- Call your pop-T (+/- .03) -Blind Pop-T w/Accur. (5/7)
- \*Extension: Ankle Ext. Dr.

**Drills:**

- Rhythm: - Target time throwing (reg. stance or knee down) - Machine/velo for timing. - Closing distance - 1,2, 3 and throw
- \*Ft.work: - Lateral pitches (Dry with agility rings) - Fungo step over -Rt. KD throws with feed (extension) -4 Corner Catch (step to catch) -Pick up drill (changing pitch locations) - Shuffle Drill (SYNC)
- \*Extension: -Fungo rev. hop. - Benito Drill - Bucket Drill -12" plyo box drop - Triangle Hop Dr.

**Rhythm Drills (with footwork/ transfer combo/extension:**

- Dry: hip/knee rotations (half speed) w/ rings for feet). Half stance to full.
- Stance rockers - Knee Handoff Throws (add direction. hands. sync)
- BH rhythm to launch pos. (specific pitch locations) - Ball in mitt, throws (into screen) - Barehand throws (half speed to full speed 75-80%)
- Pitch out reps
- \*Footwork direction: Agility rings/ladders (half speed) -
- Pick up Dr. (low posture & extension) - 45/60' knee throws (add glv. tuck)
- \*Transfers: BH Deflections (heavy ball), L-Drill, Ball release (from BH or mitt)
- Quick hands partnered catch 30'.
- \*Extension: Rt. K.D. Upper ext. (gl. tuck), Pick up drill,

**Objective:** Throw the ball as efficiently (dynamic and accurate) as possible to the intended target.

**Mindset:** Hunt base runners.

**Verbal Phrase:** "I Dare You To Run"