



Advanced Pitching Drills

Pitches to induce Ground balls

A common grip used to induce grounders is the over-the-top grip. For this grip, hold your palm facing down, the back of your hand facing directly up. Place the ball in the palm of your hand and then grip it with all four fingers facing forwards with your thumb behind the ball. Use the same pitching motion, but flick your hand and wrist forward when you release the ball. Practice this pitch to several batters to establish consistency.

Arc Drill

Practice releasing the ball at different points to achieve high arc pitches as well as shorter flatter pitches. This will help to throw off the batter's timing.



Ladder Drill

Use different height step ladders to create a visual pitching height you wish to achieve. Place the ladder between the pitcher's mound and home plate. Practice pitching over the ladder with the ball landing on home plate. Vary the ladder height to achieve arc variation.



Bucket Drill

Place a small bucket just behind home plate. Move the bucket to the corners and try to pitch the ball into the bucket from the pitcher's mound. This helps with accuracy as well as arc level.

Also, vary the bucket in front of and behind the plate to vary short and deep pitches.

