

Elite Pitching Clinic 2018-9

You're a good fit for the **Elite** group if you:

- have pitched for 3 or more summer fastpitch seasons
- can throw a changeup effectively
- have good control of your fastball locations and throw strikes consistently
- have been exposed to the basics of 1 or more movement pitches (ex. At a college camp) – *do not need to have mastered these pitches yet*

PHASE 1 – Foundations of fastball, changeup, up to 2 movement pitches

WHAT YOU'LL GET: detailed instruction on optimal fastball mechanics, individual feedback on the top 3 things to focus on during your training, refining of your current changeup, introduction to or refinement of curve ball and drop ball mechanics

Clinic agenda:

- Breakdown of fastball mechanics
 - o Wrist/finger control of ball, release point, follow-through
 - o Power line, stride and drag, upper body posture
 - o Arm and leg speed and trajectory
- Changeup mechanics and strategy
- *Water break*
- Introduction to drop ball
- Introduction to curve ball

PHASE 2 – Developing ball speed, refining curve and drop ball, intro to 3rd movement pitch

WHAT YOU'LL GET: detailed instruction on the top 3 things to increase your speed, go-to drills to improve power generation, individual feedback on the top 3 things to focus on during your training, review of curve and drop ball spins and refinement of ball placement, intro to rise or screw ball

Clinic agenda:

- Targeting the 3 pillars of fastball speed
 - o Ball spin: revolutions/minute, forearm and finger strength, follow-through
 - o Stride leg resistance and posting
 - o Arm and leg speed
- *Water break*
- Review of drop ball
- Review of curve ball
- Introduction to rise or screw ball

PHASE 3 – Accuracy, Game Performance

WHAT YOU'LL GET: detailed instruction on how to hit locations for all pitches, review of movement pitch mechanics, practice strategies to best prepare you for batters, habits to strengthen your mental game, how to “own the circle” during games

Clinic agenda:

- Fastball and change-up locations
- Drop, curve, *rise or screw strategy
- *Water break & review of practice strategies*
- Mental toughness training
- Game performance simulation & at-bats

****pending needs and progress of players in attendance***