

Gold Pitching Clinic 2018-9

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

- have pitched for 2 or less summer fastpitch seasons
- cannot throw a changeup effectively
- cannot throw fastballs to locations for strikes consistently
- want detailed instruction on the foundations of the fastball

PHASE 1 – Foundations of fastball and changeup

WHAT YOU'LL GET: detailed instruction on optimal fastball mechanics, go-to drills to improve accuracy, individual feedback on the top 3 things to focus on during your training, introduction to various changeup styles and/or refining of your current changeup

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 circle and alignment
 - o Arm and leg speed and trajectory
- *Water break*
- Introduction to changeup
- Q & A for players & coaches

PHASE 2 – Developing ball speed, Refining foundations

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, introduction to various changeup styles and/or refining of your current changeup

Clinic agenda:

- *Developing 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 changeup
- Practice strategies and sample workouts

****Amount of time spent on speed development vs review of foundational mechanics pends the needs and progress of players in attendance***

PHASE 3 – Accuracy, Game Performance

WHAT YOU'LL GET: detailed instruction on how to hit fastball locations, practice strategies to prepare you for real batters, habits to strengthen your mental game, how to “own the circle” during games

Clinic agenda:

- Fastball locations
- Changeup mechanics
- *Water break*
- Mental toughness training
 - The mental challenges of pitching
 - Visualization exercise
- Game performance simulation & at-bats
 - The Circle and mound presence
 - Throwing “at-bats” with pitch counts