



Fundamentals of Youth Pitching Development, Offseason Throwing and Practice Planning

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Base By Pros

Who Are You Coaching?



**Get to
know them**

**What are
their
hobbies?**

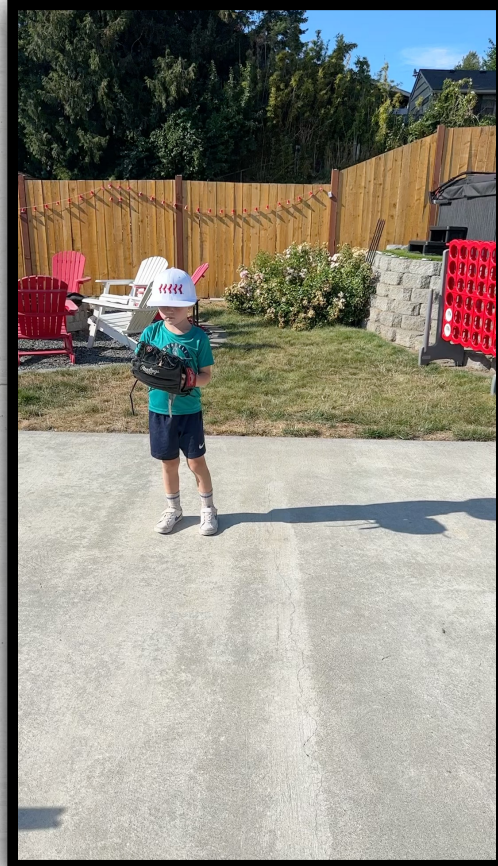
**What other
sports do
they play?**

**How serious are
they about
baseball?**

How Do We Train Youth Athletes



- High Energy
- Positivity
- Pros before cons
- Encouragement



- One thing at a time
- Fun and games
- Competition
- Rewards

Pitching Fundamentals

Timing



- Rhythm between upper and lower body
- Good timing creates consistency at foot strike & release
- Glove follows knee/foot
- Glove and foot at target



Timing Drills



Repeated Separation



Catch and Tuck (Advanced)



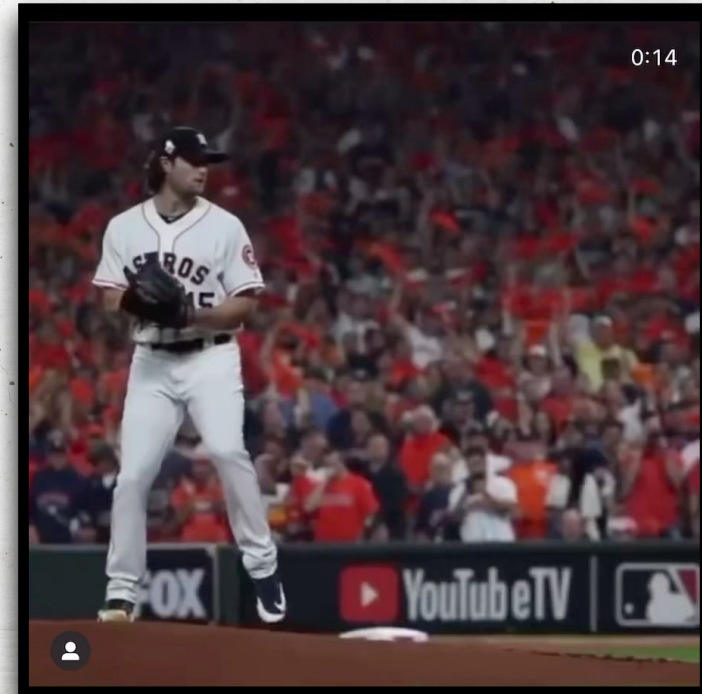
Shuffle Crossovers

Pitching Fundamentals

Direction



- The path the body follows as the delivery starts
- Good direction creates consistency in extension and release point
- Set position must create the ability to move forward as leg lifts
- Forward drift as leg starts to lift
- Weight spread evenly on drive foot
- Foot comes down from leg lift and “slides” above ground
- Maintain posture while moving forward
- Drive closed fire open
- Goal is to step straight or slightly closed



Direction Drills



- Stride Line
- Step Off's
- Balance Falls



- Wall Taps (Forward Drift)
- Wall Push Away
- Wall Slides

Pitching Fundamentals

Foot Strike and Follow Through



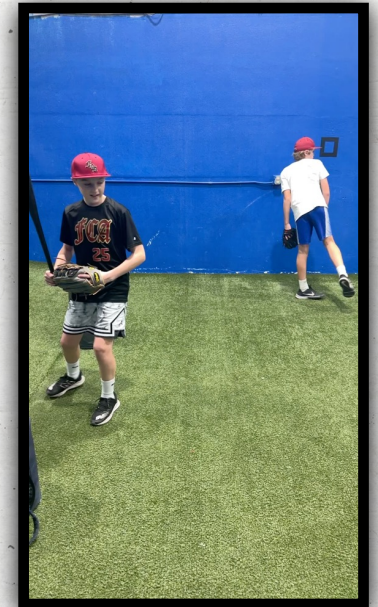
- ④ Good foot strike position allows the body to transfer energy to the arm efficiently
- ④ Your posture, weight distribution, and arm position at foot strike are a result of your timing and direction
- ④ Arm up "L" at foot strike
- ④ Back foot is still touching ground
- ④ Weight is slightly more on front foot
- ④ Front knee is behind front ankle
- ④ Knee begins to lock out as arm get to release
- ④ Throwing shoulder towards catcher



Foot Strike and Follow Through Drills



- Towel extension
- Over the fence
- RDL sequence
- Bat throw



Purpose of Drill Work



- Create good throwing habits
- Accountability
- Maximizing potential
- Allow for more consistent throws anywhere on the field
- Stop BORING baseball

Off-season Throwing



- Determine expected throwing days per week in season
- Work backwards subtracting one day per week per month
- 4 months is recommended for a complete throwing program
- One bullpen and one flat ground session per week starting 2-3 months before season
- All mechanical work should be done in the off-season
- Pick-off fundamentals (age dependent) should be done after throwing 1-2 times per week

Sample Off-Season Program



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	OFF	60-90' Catch Pick Offs 1st Base	Long toss 15-20 pitch Bullpen	OFF	45-60' Catch Pick offs 2nd base	Long Toss 15-20 pitch flat ground	OFF
Week 2	90-120' Catch Grip Catch	OFF	Long toss 20-25 pitch Bullpen	45-60' Catch Pick offs 2nd base	OFF	Long Toss 20-25 pitch flat ground	OFF
Week 3	OFF	Long toss 25-30 pitch Bullpen	45-60' Catch Pick offs 2nd base	OFF	60-90' Catch Grip Catch	Long Toss 15-20 pitch flat ground	OFF
Week 4	Long Toss 20-25 pitch flat ground	45-60' Catch Pick offs 2nd base	OFF	60' grip catch 15 Pick Offs	Long toss 30-40 pitch Bullpen	OFF	OFF

Practice Planning



Baseball Practice Schedule DATE: _____ LOCATION: _____

BASE BY PROS

START TIME:	FOCUS	ACTIVITY OPTIONS
LETTER	KEY POINTS	
1		A) Game Recap F) School
2		B) Game Plan G) Awards
3		C) Schedule H) Reminder
4		D) Community I) Recognition
5		E) Quote J) Other

START TIME:	WARM UP	ACTIVITY OPTIONS
LETTER	NOTES	
1		A) Upper
2		B) Core
3		C) Lower
4		
5		
6		

START TIME:	MOBILITY	ACTIVITY OPTIONS
LETTER#	NOTES	AGILITY BASERUNNING
1		A1) Ladder B1) Out of Box
2		A2) Cone Drills B2) Through Bag
3		A3) Sprints B3) Rounds
4		A4) Form Run B4) Tag Ups
5		A5) FB Routes B5) Leads
6		A6) Other B6) Other

START TIME:	THROWING	ACTIVITY OPTIONS
LETTER	NOTES	
1		A) Pre-Throw
2		B) Short Focus
3		C) Medium Focus
4		D) Long Focus
5		E) Finish Drills

Baseball Practice Schedule

START TIME:	STATIONS	ACTIVITY OPTIONS
LETTER	NOTES	HITTING FIELDING
1		A) Tee Work G) Pre-Pitch
2		B) Wiffle Ball H) Footwork
3		C) Front Flips I) Exchange
4		D) Dry Work J) Throwing
5		E) Coach Toss K) Full Move
6		F) Other L) Other

START TIME:	TEAMWORK	ACTIVITY OPTIONS
LETTER	NOTES	
1		A) Bunt Defense B) Infield & Outfield
2		C) Cuts & Relays D) 1st & 3rd Defense
3		E) Picks & Rundowns F) Other

START TIME:	COMPETITION	ACTIVITY OPTIONS
LETTER	NOTES	
1		A) Throwing B) Baserunning
2		C) Fielding D) Hitting
3		E) Relay F) Other

START TIME:	REFLECTION	ACTIVITY OPTIONS
LETTER	NOTES	
1		A) Recap the Day
2		C) Recognition
3		E) Share Vision
4		B) Homework
5		D) Gratitude
6		F) Other

NOTES:

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- Focused
- Fast paced
- Fun
- Eliminate standing around
- Easy Transitions