

Pitching

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Name of Drill: Countdown Drill.

Equipment Needed: Bucket of balls, tape, wall or catcher.

Purpose: To increase arm speed and endurance for pitcher.

Explanation: Pitchers can throw to catchers or tape boxes on wall. Pitcher starts with hips wide open in POWER K position. Using arm and no legs, pitcher makes five arm circles at 75 to 80 percent of top speed releasing ball at hip and snapping up.

Immediately, pitcher picks up another ball and makes one arm circle at 100 percent, continuing sequence counting down to one:

- Four at 75 to 80 percent and one at 100 percent,
- three at 75 to 80 percent and one at 100 percent,
- two at 75 to 80 percent and one at 100 percent,
- one at 100 percent.

As pitchers become more advanced, add a second and third set two to three times a week.