



Number One Training Drill

Q: If you could only do one training drill what would it be?

A: Pitching from 25-30 feet using the “slingshot” (sometimes referred to as scissors, butterflys, K position, etc.) technique.

Throwing from this position is the easiest way to reinforce proper pitching mechanics. High level pitching begins with efficient mechanics. Here are some of the things that are a result of proper pitching mechanics:

- **Speed**
- **Control**
- **Spin Rates**
- **Safety**

Typically, a pitcher that has proper pitching mechanics can throw 90% of their top mound speed when performing the “slingshot” pitching motion. (60 MPH from the mound=54 MPH from the slingshot position. This tells me that every pitcher should spend a significant amount of time throwing from this position. My experience shows that slingshot speeds and mound speeds increase in a lockstep fashion.

Key mechanical items that can be focused on are: 1) Body posture 2) Arm whip 3) Torque throughout the kinetic chain 4) Wrist and finger action 4) Balance and timing, and 5) The four points of resistance.

One should also take note that anytime a mechanical issue needs to be corrected it can usually be done best starting from the slingshot drill position. Starting slow and at a shorter than normal pitching distance then increasing speed and distance gradually will produce the best results.

Using the slingshot drill/motion as part of the standard warm-up is highly encouraged. You can work on mechanics at the same time you are getting your body warmed and loosened up. Again, remember to start short and easy then progressively increase distance and effort.



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Note that you always get into the “Slingshot” (K position) position when you throw a full pitch. So let’s practice a lot from this position.

