



# **20 Ways To Increase Your Pitching Velocity**

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# Legal Stuff

This is a free gift. Please do not share this with others but direct them on how they can obtain their free gift by following the proper steps.

Workouts are not intended for injuries athletes. Please consult a physician before beginning any straight training or exercise program.

# 1

## **Sit Ups**

Anytime I get a new athlete that has trouble making adjustments stick, they struggle to do simple sit ups. Be sure you can complete 20 consecutive full sit ups before expecting massive improvements in velocity or mechanics.



# 2

## **Single Leg Squat**

The single leg squat trains pelvic control and the pelvis controls everything. Athletes should be able to perform 10 consecutive squats without losing balance on each leg for sufficient pelvic control

# 3

## **Effort**

You have to throw hard to throw hard. If you are not working at max effort, you will not be able to increase your top speed.

# 4

## **Play Other Sports**

This is the easiest way to improve total body balance, control, and coordination. It is also a way to promote good mental perspective and reduces burnout. I recommend soccer but all sports will contribute to total athlete development.



# 5

## **Mechanics**

Efficient movement that allows all motions to work together. Proper biomechanics will always get the most velocity physically possible.

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# 7

## **Ideal Body Weight**

It's very true that mass = gas. Your ideal body weight in pounds is your height in inches x 2.5. This also helps reduce injuries once you do hit your high velocity goals.

# 8

## **Close Target Practice**

When you are working on mechanics, it's best to ignore location. This also goes for increasing velocity. You will struggle to make adjustments if you are also trying to throw strikes.



# 9

## Conditioning

You don't need to run all the time, but you do need to be able to complete a mile run under 9 minutes.

This increases blood volume so you can utilize energy more efficiently.



# 10

## Open Your Strike Zone

You will slow down if you try to hit a spot. To develop speed you need to throw three things. One be catchable. Two close enough to the strike zone that the batter has to consider swinging. Three stay away from belt high, middle of the plate pitches.



# 11

## **Jump Rope**

Develop lower body strength and power. This also helps strengthen and stabilize the ankles.



# 12

## **Long Toss**

The further you can throw will translate into increased velocity. Going from fair pole to fair pole will translate into 60 mph.



# 13

## **Pull Ups**

Wide grip or neutral grip recommended. This develops the upper back, shoulders and arms. Yes, the power is generated from the legs, but stabilized shoulders will transfer the power into the ball.



# 14

## **Move Faster**

Do drills that require you to move faster. Run in's are an all time favorite with my athletes. Rapid fire drills work great and pitching down a baseball mound require the body to move faster. Learning the new tempo will translate into overall faster motions.

# 15

## Stretch

Range of motion, flexibility, and mobility matter. Be sure you have an instructor that teaches you how to move like an athlete. I see a lot of velocity gains when athletes use my minimal cost online training as their pitching coach and invest the money they save into a strength coach for their athlete



# 16

## Stretch

Range of motion, flexibility, and mobility matter. Focus on hamstring and hips for best results. Basic beginner yoga routines will go a long way to improve movement patterns.

# 17

## Sprints

Add 8-15 home to first sprints after pitching practices. Start with a 30 second recovery time between each sprint then reduce to 10 seconds as they get easier.

# 18

## Drill Less, Pitch

### More

There are thousands of drills on the internet. Maybe 100 will actually make you better. The rest just look cool. If you want to be a better pitcher, you need to pitch. Use drills to reach goals in your motion. If it doesn't have a clear cut goal then its not going to make you better.





# 19

## **Banded Velocity Program**

My banded velocity program covers strength, conditioning, stretching and drills that make you move faster. This year round training program will tell you exactly what you need to do on a daily basis to increase velocity year after year.

# 20

## **Athlete Assessment**

Do you know how much hip extension you need to increase your leg drive? Do you know if your glutes are activated? I have been assessing and building athletes for years. I now have my assessment available for remote testing or you are welcome to plan a visit to the lab for in person assessments.

Email me at [Courtney@coachataclick.com](mailto:Courtney@coachataclick.com).