

## Velocity Improving Drills

Velocity improving drills are divided into 3 categories:

1. **Technique Drills:** Used to improve pitching mechanics that build speed.
2. **Power Drills:** Focus on the power motions that lead to maximum speed. Most of the drills will focus on developing the 3 power motions.

### *Power Motions*

- Push/Stride and Glove Side – Using the entire body to drive off the mound. Look for complete knee extension and toe pointing. Throw glove at the target and the higher the glove, the higher the knee will raise. Try to raise knee at or above knee level.
- Landing – Landing strong and balanced is the key to transferring power from the leg drive into the upper body. Land with knee over ankle with toe and knee in the direction of the target.
- Push and Pull – Once the stride leg lands, pushing back hard while pulling arm down will generate the bulk of the speed.
- Forearm Fire - The pull down phase should feel like you're tucking your elbow into your hip. Once your elbow is tucked, the palm will be up towards the sky. Forearm fire is a strong flexion of the forearm towards the target. This is also called “internal rotation.”

*Watch this video to see an example of the basic mechanics including power motions. <https://youtu.be/1KL12b8-Qrk>*

3. **Speed Drills:** Teaches pitchers to move arms and legs faster

## **Where to Begin Velocity Program**

- Take fitness test
- Begin workouts immediately
- Begin technique drills immediately
- Begin Arm Care program immediately
- Score 12/15 or better on fitness test to begin Power and Speed Drills
- Complete 4 weeks of workouts, 4 weeks of arm care, and score 12/15 on fitness test to begin long toss (In Off Season Only)