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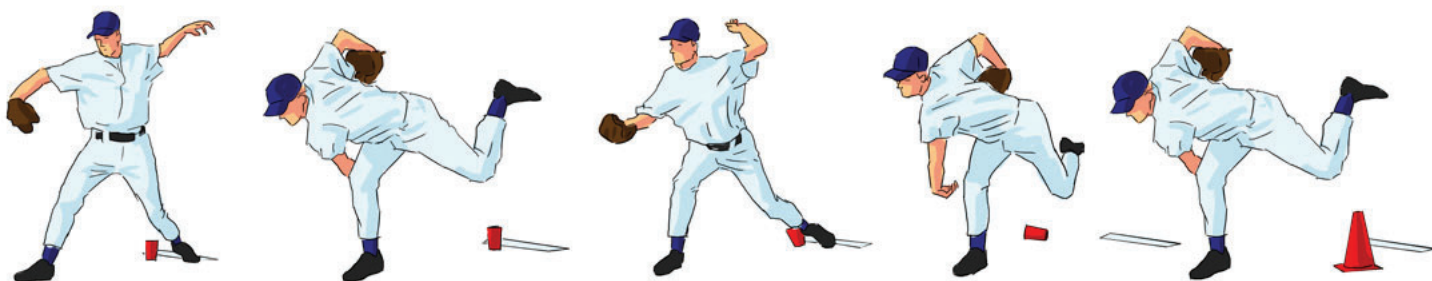
PAPER CUP DRILL

SETUP:

Place a cup behind the push off foot along the edge of the rubber.

PURPOSE:

Prevents pitchers from reverse spinning their back foot on the throw.



Correct Motion – pitcher steps up and over the cup

Replacing the cup with a cone

Incorrect motion – back foot drags and knocks over the cup

INSTRUCTIONS:

1. Coach tells pitcher "Do not knock the cup over."
2. Pitcher stands on rubber and goes through normal pitching motion, keeping his back foot from whiplashing backward and hitting the cup.
3. He simulates the throw.
4. He continues until coach says, "Stop."

COACHING TIPS:

- Another issue some pitchers have is dragging their back foot, to correct this problem place a cone or bucket on the ground and have the pitcher circle his back leg over it as he follows-through on his simulated pitch.