

The Pitching Pad

Suggested Training

(All Fastballs)

www.thepitchingpad.com

The Warm-up

Using the colored sections of the strike zone, throw five (5) pitches into each area.

5 – red, 5 – blue, 5 – green, & 5 – black

As you advance into the training, you should try to place 5 consecutive pitches in each color before moving on to the next.

Accuracy Training

1. Start off by picking a specific spot on The Pad to throw. Any spot will work; however, you must pick one spot and stick with it during each session. Continue to throw at this one spot until you are able to hit it consistently. You should be able to hit this one spot at least 10 times in a row before moving on to step 2.
2. Using the numbers, throw the ball going clock-wise or counter clock-wise around the Pad. You may start at any number, but follow them in consecutive order. Do not move on to the next number until you hit the one you are throwing to. As you advance, you should see how many numbers you can hit in a row on the first try. If you miss a number on the first try, start over at the original number. You should try to hit all 12 numbers in consecutive order before having to start over.

Cool Down

Going around the strike zone, try to hit each corner of the zone and the intersecting lines in the middle. Do this twice.

Advanced Training

Using the numbers as reference points, you can learn where to start your off-speed pitches.

A true over-hand curveball will move in a way that would be considered from the 12 o'clock position to the 6 o'clock position. You can use the reference points on The Pad to learn where you need to start your pitches, so they end up in the desired part of the zone.