

BODY AWARENESS WORKOUT

By learning to have Body Awareness, you learn to take control over YOUR mechanics. If you can FEEL what you are doing wrong, then you are much more likely to be able to correct it and GROW toward becoming the best pitcher YOU can be.

1 WITHOUT BALL

Find your 100% effort. 10 reps at 100%.
FULL PITCH.

Find your 50% effort. 10 reps at 50%.
FULL PITCH.

Find your slow motion effort. This is the absolute slowest speed. 10 slo mo reps doing your FAVORITE drill.

Do each of these percentages one time.
100-90-80-70-60-50-40-slow mo
Slow Mo-40-50-60-70-80-90-100
In parenthesis is 1 round. Do 5 rounds.

The rep does not count if you do not hit the perfect %.

2 WITH BALL

Do your regular warm up. Every 5 pitches in warm up drill put ball down and do 3 pitches at 50% thinking about an adjustment you need to make. Rep doesn't count if not at 50% and if adjustment is not made. *Can close eyes

At Full Pitch, alternate between 50% & 100% every two pitches (with ball for both %s.) If 50% rep is not 50%, put ball down and give 2 perfect reps at 50%. Then find 50% with ball.

Tell your catcher which spot you are hitting for every single pitch. If you have multiple pitches, incorporate them in with the alternating between 50 & 100% reps.

THROW 50-75 TOTAL PITCHES.

EXTRA

- Do these in a **MIRROR**.
- Do every other rep with **EYES CLOSED** for extra feel.
- Have your parent watch you and tell you what % THEY would give for each rep. Pitcher should say what % she thinks first, then parent.

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WHAT TO FOCUS ON

Going all out at 100%.

Body **control**.

Precise movements.

Paying attention to **one mechanic** YOU know YOU need to work on.

Feeling **adjustments** and what it feels like to do it **right**.