

WHIP WORKOUT

FOCUS: Whip & Bend in Arm #

Bringing together Whip, Foundational #s and Body Awareness

1 WITHOUT BALL

Do each of these percentages one time.

FULL PITCH

{ 100-90-80-70-60-50-40-slow mo
5 Towel Whips
Slow Mo-40-50-60-70-80-90-100 } 1 round

5 rounds , each rep:

FOCUS ON WHIP

FF Closure #

Bend in Arm #

Ankle Knee Relation at 3/4 (if you can)

The rep does not count if you do not hit FF Closure # and Bend in Arm #.

2 WITH BALL

Do your regular warm up. For each Warm Up Drill, the first 10 reps should be 50% with major focus on feeling your whip.

EXTRA: Alternate 5 in / 5 out for those reps.

Pay Attention to your FF Closure # & Bend in Arm #

Full Pitch, Fastball, no spots. - *Alternate 50% & Towel Whip for 20 pitches.* Focus of feeling whip, snap & spin. Don't be consumed in hitting spots and throwing strikes for this, **JUST FEEL A GOOD WHIP w/ FF Clos #.**

Full Pitch - 10 pitches middle. 10 up and in. 10 up and out. 10 low and in. 10 low and out. FASTBALL for everyone. Check FF Closure & Bend in Arm Every Pitch.

EXTRA

- Do these in a **MIRROR.** (belly button toward mirror)
- Do every other rep with **EYES CLOSED** for extra feel.

FH

WHAT TO FOCUS ON

Loose arm.

Bend in Arm #

FF Closure # & Ankle to Knee Relationship (if you feel you can)

When you have an AWESOME rep, try to remember in your head what the WHIP feeling was like.