

# WHIP/RELEASE POINT WORKOUT

## FOCUS

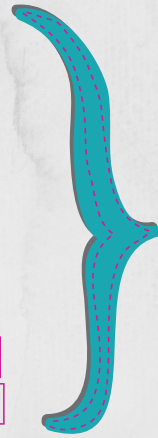
- › CONSISTENT RELEASE POINT
- › WHIP
- › STAYING IN LEGS

## REPS WITH BALL

- › 10 REPS 1-2-3 DRILL
- › 10 REPS 3/4 DRILL

## REPS WITHOUT BALL

- › 10 REPS 50% FULL PITCH
- › 10 REPS 80% FULL PITCH



5 TOWELS WHIPS IN  
BETWEEN EACH SET

## + COMPETITION TO 10

- › 10 MIRROR FULL PITCH AFTER