

# WHIP/RELEASE POINT WORKOUT

FOCUS: Consistent Release Point + Whip + Staying in your legs

- need to make sure you feel touching release point *every rep.*

## LATER STAGES

### 20 reps of 1-2-3 Drill *with ball*

- take time in between reps
- remember your FF Closure #, In Your Legs #, & Hips #

### 20 reps of 3/4 Drill *with ball*

- drag toe down, shoelaces down
- go at 60-70%.
- when you step, get to your FF Closure # + Hips #

### 20 reps Full Pitch *with ball*

- 50%- need to hit FF Closure # & Bend in Arm # for rep to count. 10 in, 10 out.

### 20 reps Full Pitch *with ball*

- 80%, need perfect FF Closure & Bend in Arm # to count rep

## ADDITIONAL

### 30 Towel Whips

- remember FF Closure #
- remember landing more IN YOUR LEGS
- focus hips closure #

### After Competition...

- 10 reps, no ball, 50%
- ALL Foundational Numbers must be perfect for rep to count.
- Do this in front of a mirror so you can see
- Be honest with yourself.

## COMPETITION

### FULL PITCH, no ball

- 100% full speed
- First one to 10 wins
- Pitcher gets point if you hit 100%, perfect Bend in Arm #, FF Closure & Ankle Knee at release #

if partner wins, you need to do 20 situps & 10 jump squats

FH

## WHAT TO FOCUS ON

Loose arm.

Competing - WANT TO WIN.

Body Positioning more important than throwing strikes. Throw to net if you can.

Perfect start position from your hips down.