

WHIP/RELEASE POINT WORKOUT

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

EARLY 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 *without ball*

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

20 reps Full Pitch *without ball*

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

ADDITIONAL

20 Towel Whips

- remember FF Closure #
- remember landing more IN YOUR LEGS
- remember 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% AND get your FF Closure #
- If partner beats you, you must do 20 sit-ups

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 and with your throwing arm..