

Baseball

1. Lead-up Drills

- a. Flip
- b. Toss from Knee
 - i. Strike the Match
 - ii. Shape the Moon
 - iii. Baseball Faced Away
- c. Feet Spread Toss
- d. Dip Back-and-Forth Toss
- e. Balance Toss
- f. Up-down Toss

*Within each of the lead-up drills, focus on keeping the front side closed as long as possible, pointing the backside of the elbow, knee, buttocks, and heel toward the target, and producing separation between the hips and the shoulders. The longer a baseball player stays closed and the more a player achieves separation between the hips and shoulders, the more velocity the ball player will produce.

2. Long-toss

- a. I advocate long tossing as much as possible. I long tossed almost everyday in high school. However, three days a week is sufficient.

3. Chest-me Game

- a. After going through the lead-up drills, stand about 75 feet from your partner.
- b. The object of this game is to hit your partner in his chest or face with the baseball.
- c. If you make a toss and hit your partner in the face area, you receive 2 points.
- d. If you make a toss and hit your partner in the chest area, you receive 1 point.
- e. Games are usually played to fifteen.

4. Dart Toss

- a. Catch the baseball with “hands together.”
- b. Move feet just before the catch is made and quickly dart the baseball to your partner.
- c. Focus on fluidity.

5. Flat Ground Toss – 25 Pitches

- a. This prepares a pitcher for his next start.
- b. All pitches are delivered from the stretch position.
- c. Start by executing five pitches down the middle.
- d. Then, execute five pitches over the outside corner.
- e. Then, execute five pitches over the inside corner.
- f. Execute five change-ups over the middle of the plate.
- g. Then, finish with five more pitches down the middle.

*The pitcher should focus on hitting spots down in the strike zone.

6. Fielding Drills

- a. Bare-hand grounders
- b. Back-hand grounders
- c. Three cone drill – throw through the third cone
- d. Cone drill – get around the baseball

7. Other Drills

- a. Towel Drill – Include pitching mechanics
- b. Balance Ball

8. Exercises

- a. Plyometrics – See my YouTube video. Search joemillerbaseball.