



SHOW

PITCHING MEMBER CLASS

BRING THE HEAT

Our pitching program will teach players the importance of pitching from mechanics to the mental game that will give our players an advantage over their competition.

Pitching Mechanics- Pitchers will focus on the proper mechanics. As a pitcher it is extremely important that we recreate our motion every time to be successful.

Pre and Post Game- Pitchers will learn the proper way on how to get warmed up before and after a game. As a pitcher it is extremely important that we know the proper way to take care of our arms.

5th Man- Pitchers are athletes too! Pitchers will work on the art of picking off/holding a runner and how to be an asset as a defender on the field.

Grips- Pitchers will gain an understanding on the proper way to hold different grips to change speeds and gain movement. Pitchers will learn how to throw various fastballs, change up and depending on the age how to properly spin a curveball.