

Rotational Strength and Power Drills

The mechanics of pitching and hitting in baseball make it a rotational sport. Which is why it is very important to develop these muscles to build core strength to help gain velocity/bat speed.

Med ball exercises will help you transfer the strength and power you have in your legs through your torso and into your upper body. In addition to that, these drills help strengthen your lower body and back muscles. Its an overall great way to build strength specific to the sport of baseball.

These drills are done using 8 to 20 pound medicine balls, depending on the age/level of the player. It is recommended using an 8 pound ball to start and move up in weight as the player progresses. Intensity can be varied with either the weight of the ball or the tempo at which each set is performed.

Med ball rotational shot put

- Drive off of your back leg and rotate hips
- Throw ball explosively against wall
- 3 sets, 5-7 reps for each side



Med ball Overhead Throw

- Take a step with non-lead leg toward wall
- Lift lead leg up and then plant and throw med ball into wall
- 3 sets, 5-7 reps



Overhead/Side Throw

- Start in balanced position, feet shoulder width apart
- Lift lead leg, then stride and plant as if pitching a ball
- Throw ball against wall, making sure to follow through
- 3 sets, 5 reps for each side

