

ABCA Drill: Pitcher 2-Minute Drill

Ages: Bantam and Midget

Purpose: The purpose of the “Pitcher 2-Minute Drill” is to simulate the intensity of an in game situation where a pitcher may need to compose themselves to execute a quality pitch. This drill also simulates pressure bullpen situation where a pitcher may need to get ready in a hurry and enter a game while still keeping their composure and executing quality pitches.

Description: - For this drill you will need a catcher in the bullpen and behind the plate. Pitchers will be seated on the bench or can be doing individual drills along the fence or back stop.

- The coach will call the pitchers at random.
- Pitchers will then rush to the bullpen where they will have 2 minutes to get themselves ready to enter the game. (Pitchers must be given the chance to throw to get loose prior to the drill, similar to a game)
- Coach will have a stop watch and communicate to the pitcher when the 2 minutes are up.
- Pitcher will then jog to the mound, where they will get the usual 8 pitches when entering the game. (As first pitcher jogs to the mound, the next one will be called to warm up)
- The coach will then communicate a situation and pitch selection/location to the pitcher. (Ex: Runners on 1st and 2nd, 1 out, We need to go get a groundball, fastball down and away for a strike.)
- Pitcher will then attempt to execute communicated pitch while simulating taking the sign from his catcher and holding runners.
- Pitcher will have 2 attempts to execute pitch before the next pitcher is called in. (Number of attempts to execute is completely up to the coach but must be within time limit).
- Drill continues until all pitchers have been to the game mound. (Individual drills/Core/Conditioning are all great ways to keep the pitchers waiting active)

Conclusion: I believe this is a great drill to simulate the intensity of game a game situation. Pitchers must practice controlling their mental state and emotions while entering high pressure situations. This drill can also create healthy competition while is a smaller way giving catchers a chance to work on receiving.

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