

# Softball Throwing & Pitching - Base Program

## General Instructions

1. Perform these drills at least 3x/week.
2. Train from the Ground Up, starting with the feet and working up to the legs, hips, shoulders, arms & hands.
3. Follow the order of the drills from #1 before progressing to #2, #3...
4. Get better before doing the next drill.
5. Put Harnesses on Correctly.
6. Connect to correct d-ring on harnesses.
7. The band angles are really important; make sure you have the angles correct!
8. Give athletes one movement at a time to work on and avoid trying to correct everything at once.

## More Instructions & Information

Full Instructions Available at:  
 Web Site: [www.powercore360.com](http://www.powercore360.com)  
 On Powercore 360 Mobile Apps:  
 search for "Powercore 360"  
 for iPhone at the Apple App Store  
 for Android at the Google Play Store  
 Email: [info@powercore360.com](mailto:info@powercore360.com)  
 Phone: (970) 556-0435  
 US Patent (Powercore 360 Power Training System): #7,874,970

## Precautions

1. Perform with Doctor's Consent
2. Stop & Discontinue with Pain, or Discomfort
3. Check Bands & Equipment Before Use
4. Do not Use Worn, Damaged Bands, Harnesses, Straps or Equipment
5. Do not Over-Stretch Bands
6. Use with Adult Supervision

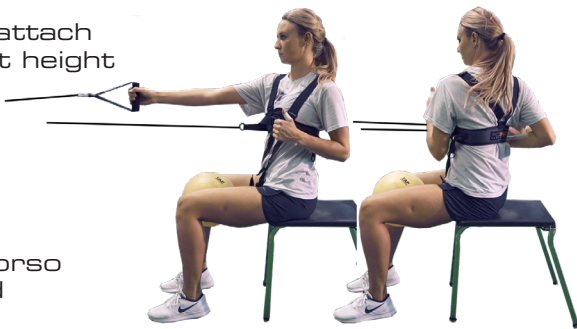
starting band resistance  
torso trainer-black/orange  
handle-grey/black

## Throwing

### 1 Shoulder Turn & Pull

safely attach  
@ chest height

safely attach  
band  
right torso  
& hand



1. Turn Lt.
2. Tuck, Pull, Turn Rt.

- turn torso left
- stretch rt. shldr. blade muscles
- fire scap., tuck elbow
- turn torso right
- 1-2 sets/10 reps

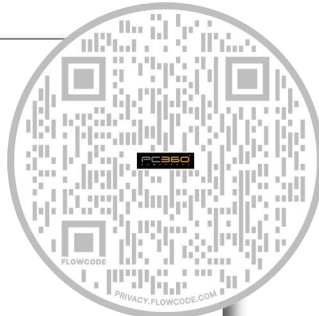
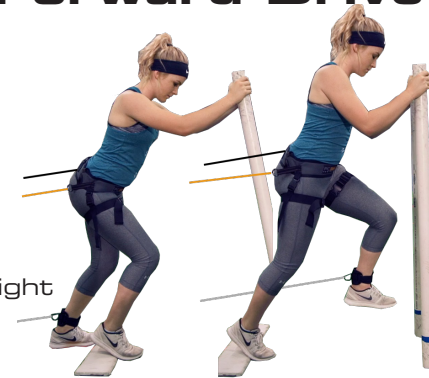
The most important focus is to pull the throwing arm shoulder blade down against rib cage BEFORE turning the shoulders! Don't elevate shoulder.

## Pitching

### 1 Forward Drive

attach bands  
rt. & lt. hip  
and  
left ankle

safely attach  
@ hip & floor height  
behind body



starting band resistance  
hip trainer-black/orange  
ankle-grey

1. Triple Flexion
  - load hips
  - push into ball of foot
  - hold 6 secs. 2 reps
2. Extension
  - extend right leg
  - flex left hip/knee
  - hold 6 secs. 2 reps

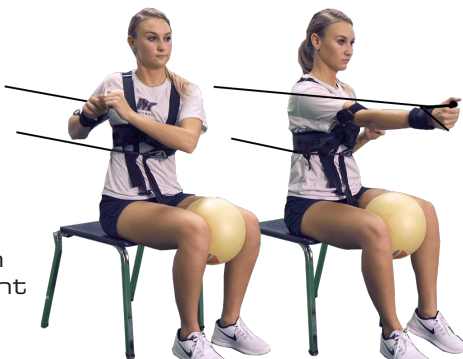
Ensure the upper body and spine angle remain leaning forward. Raise left knee only as high as your technique dictates. Keep spine tall & long.

starting band resistance  
torso trainer-black  
handle-grey

### 2 Shoulder Turn & Push

attach band  
left torso  
right hand

safely attach  
@ chest height  
behind body



1. Tuck, Turn Rt.
2. Turn Lt. Push

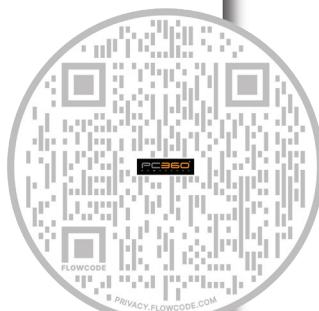
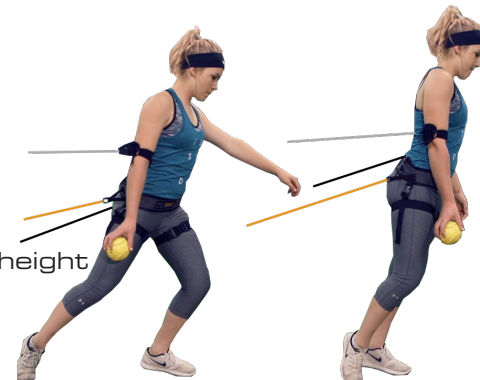
- tuck elbow, fire scap.
- turn torso right
- 1-2 sets/10 reps
- turn torso left
- stretch rt. shldr. blade muscles

Ensure the throwing arm moves with the turn of the shoulders; DON'T allow throwing arm to move ahead of the shoulder turn

### 2 Lateral Drive

attach bands  
rt. & lt. hip  
and  
right elbow

safely attach  
@ floor & hip height  
directly  
behind body



- starting band resistance  
hip trainer-black/orange  
elbow-grey
1. Sideways
    - turn hips 45 deg.
    - push into back foot
    - hold 6 secs. 2 reps.
  2. Turn Hips
    - balance
    - elbow @ side
    - hold 6 secs. 2 reps

Ensure the upper body and spine angle remain leaning forward. Keep spine tall & long.

### 3 Balance to Hip Turn

safely attach  
band  
left  
hip

safely attach  
@ hip height  
45 degrees  
behind rt. hip



starting band resistance  
hip trainer-black/orange



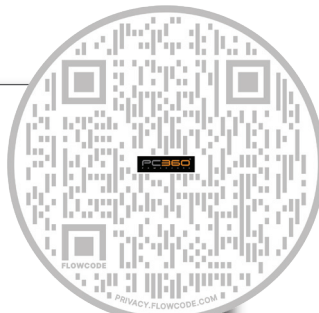
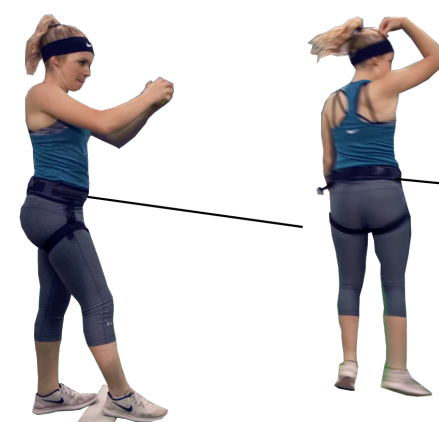
1. Balance
  - wt. on rt. in-step
  - rt. knee inside rt. ft.
2. Hip Turn
  - turn hip **fast** & hold
  - repeat 2-4 sets/5 reps

Front foot hits ground BEFORE hip rotation. Keep shoulders closed as long as possible to increase hip and shoulder separation.

### 3 Over Speed

starting band resistance  
hip trainer-black

safely attach  
floor level  
45 degrees  
in front lt. hip



safely attach  
band  
right  
hip

1. Load & Drive
  - load hips & legs
2. Pitch
  - turn hips **w control**
  - 5 reps, 2-4 sets

Use light resistance band to just proved 50% more speed than athlete can generate on their own power. Recover 30-60 seconds btwn sets.