

ENDURANCE, ACCURACY & MOVEMENT TRAINING PROGRAMS

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OTHER KEYS TO PRACTICE!

- **“C” Game Days**
 - Without Best Pitch
- **For Hitters** (Yours & Theirs)
- **Defense**
 - Your Pitcher Practices her Infielder Skills



- **Bigger Quantities of Same Pitch**
- **Mix Movements**
 - Up/Down (rise/drop)
 - In/Out (screw/curve)
 - Up-In/Down-Out
 - Up-Out/Down-In
- **One Pitch Days**
- **Pyramids & Single Mixes**



● Pyramids

1 – Pitch #1, **1** – Pitch #2, **1** – Pitch #3

2 – Pitch #1, **2** – Pitch #2, **2** – Pitch #3

3 – Pitch #1, **3** – Pitch #2, **3** – Pitch #3

4 – Pitch #1, **4** – Pitch #2, **4** – Pitch #3

5 – Pitch #1, **5** – Pitch #2, **5** – Pitch #3

● Single Mixes

1 – Pitch #1

2 – Pitch #1

3 – Pitch #1

4 – Pitch #1

5 – Pitch #1

● Big Opposites – Locations:

- High / Low
- In / Out

● Smaller Opposites – Locations:

- High-In/ Low-Out
- High-Out/Low-In
- High-In/Low-In
- High-Out/Low-Out

● Opposite – Speeds:

- Fast- *Slow*
- Fast High – *Low Slow*
- Fast High/In – *Low/Out Slow*
- Fast High Out – *Low/In Slow*

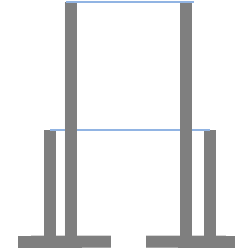


MOVEMENT - Helpers

- **Lines for In & Out:**

- In / Out

- **Strings for High & Low:**



- **Foam Balls – Rollover Drop**

- **Spinners**

- **½ Filled Water Bottles – Peel Drop**

- **Bucket for Back Foot – Rollover Drop**

- **Zip Balls – 2nd Half of Spin**

- **RevFire – Measure Movement Progress**

- Chart Locations
- T's & Targets
- Ins/Outs
- Ups/Downs
- Fast/Slows
- Against Hitters



ACCURACY - Charting

Pitcher: _____

Date: _____

Pitch: _____ Pitch: _____

1 1 1 1 1 1 1 1 1 1

1 1 1 1 1 1 1 1 1 1

Pitch: _____ Pitch: _____

1 1 1 1 1 1 1 1 1 1

1 1 1 1 1 1 1 1 1 1

Pitch: _____ Pitch: _____

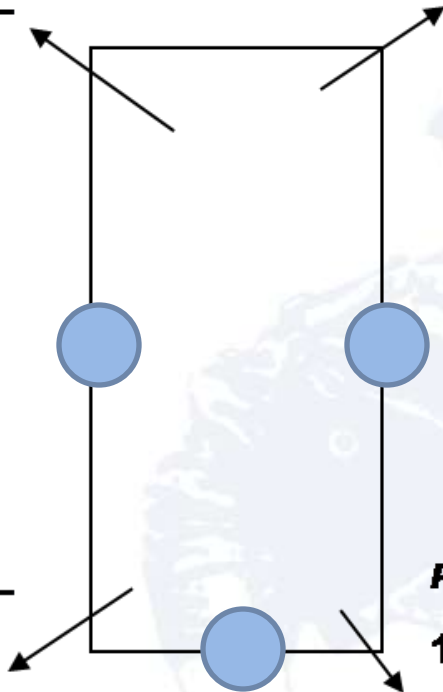
1 1 1 1 1 1 1 1 1 1

1 1 1 1 1 1 1 1 1 1

Pitch: _____ Pitch: _____

1 1 1 1 1 1 1 1 1 1

1 1 1 1 1 1 1 1 1 1



Accuracy Tracking Chart

Pitcher: _____

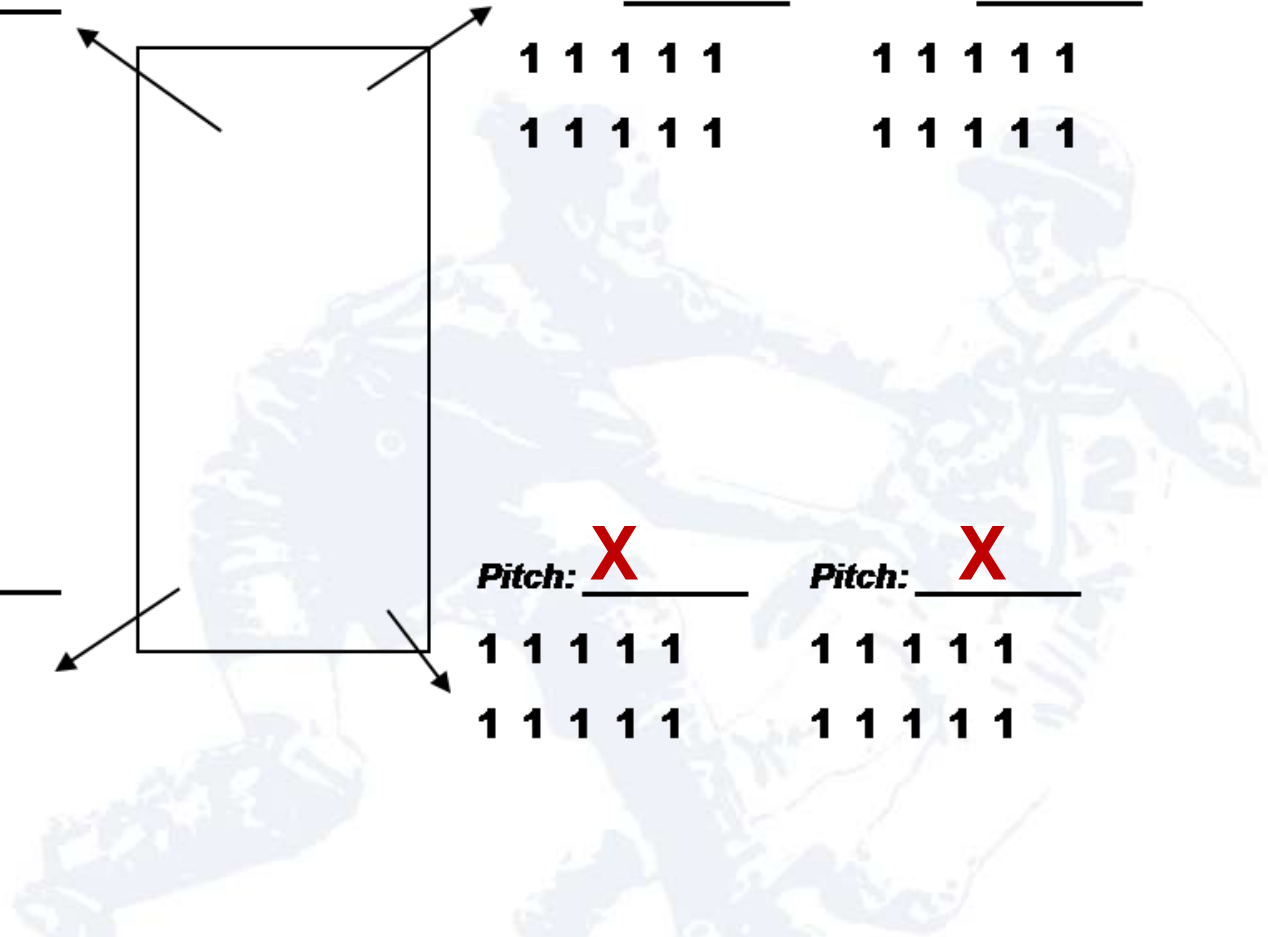
Date: _____

Pitch: **FB** Pitch: **R**
1 1 1 1 1 1 1 1 1 1
1 1 1 1 1 1 1 1 1 1

Pitch: **R** Pitch: **S**
1 1 1 1 1 1 1 1 1 1
1 1 1 1 1 1 1 1 1 1

Pitch: **D** Pitch: **X**
1 1 1 1 1 1 1 1 1 1
1 1 1 1 1 1 1 1 1 1

Pitch: **X** Pitch: **X**
1 1 1 1 1 1 1 1 1 1
1 1 1 1 1 1 1 1 1 1



Accuracy Tracking Chart

Pitcher: _____

Date: _____

Pitch: **FB** Pitch: **R**
~~1~~ ~~1~~ 1 ~~1~~ ~~1~~ 1 1 1 1 ~~1~~
1 1 1 1 1 1 1 1 1 1

Pitch: **D** Pitch: **X**
~~1~~ 1 1 ~~1~~ ~~1~~ 1 1 1 1 ~~1~~
1 1 1 1 1 1 1 1 1 1

Pitch: **R** Pitch: **S**
1 1 1 1 1 ~~1~~ 1 1 ~~1~~ ~~1~~
1 1 1 1 1 1 1 1 1 1

Pitch: **X** Pitch: **D**
1 1 1 1 1 1 1 1 ~~1~~ ~~1~~
1 1 1 1 1 1 1 1 1 1

● Get Batters in Box:

- Prevent practice isolation
- Never let them know different

● Get Righty and Lefty Batters

● Use Trash Cans if no Batters

● Use Older Players/Coaches to Get Out of Way

● Use Pitching Practice as Teaching Time

- Teach hitters how to get hit
- Tracking chances for batters



- **Workout 1st –Then Pitch**
- **Pitch Longer Sessions**
- **Pitch Multiple Day Sessions**
- **Intense Physical Workout Program**



ENDURANCE

- **Basketball Pitching**
- **Rice Buckets**
- **Pitching Sprints**
- **Pitching Chase**
- **3 Swings Pitch**
- **Wall Pitching**
- **Up and Backs**



● Workout Schedule

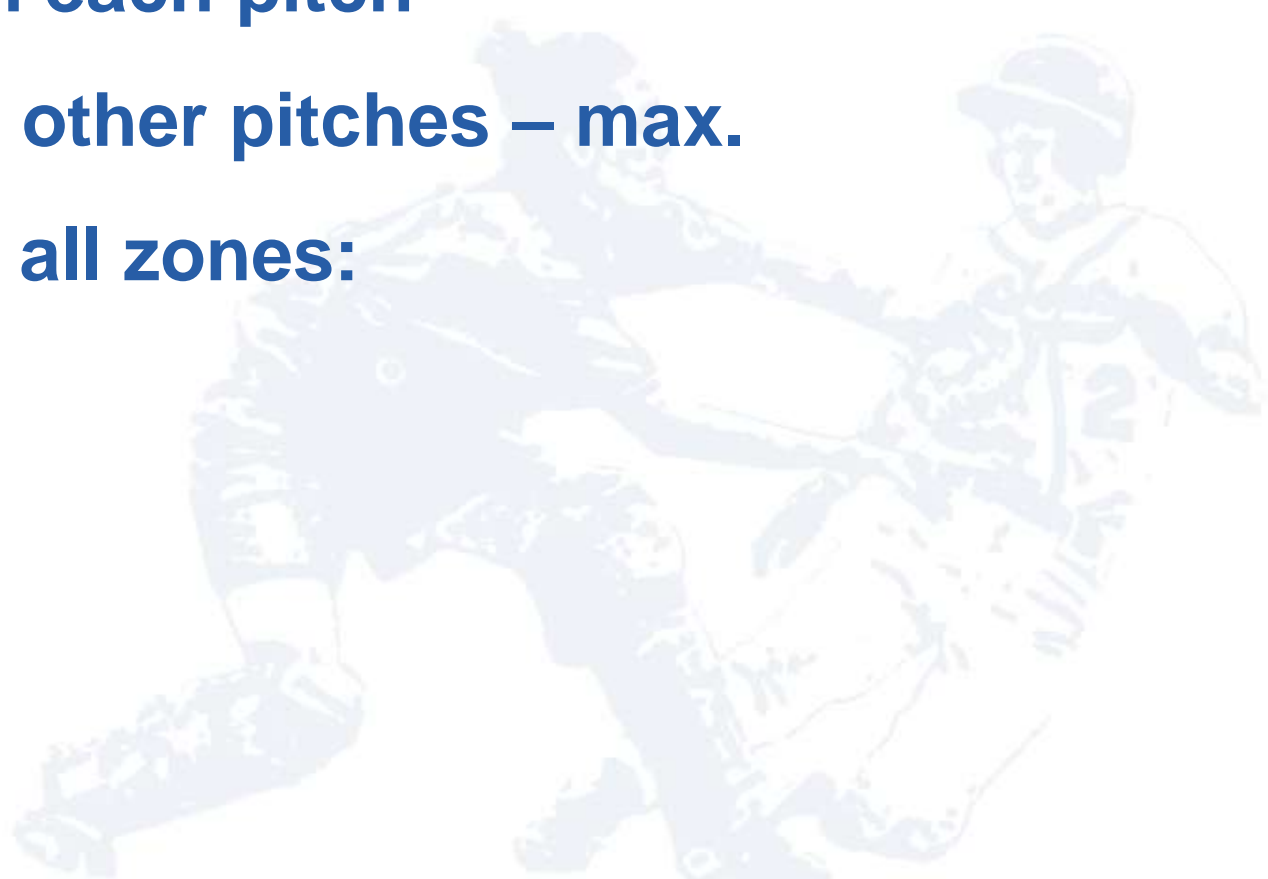
- Monday = Light Workout
- Tuesday = Medium / Pitch Focus Workout
- Wednesday = Medium / Conditioning Workout
- Thursday = Medium / Speed Workout
- Friday = Rest
- Saturday = Heavy Workout
- Sunday = REST



- **15 TOTAL Pitches of each pitch** (*INCLUDING warmups*)
- **100% effort on each pitch**
- **MAKE the ball move!** (*no time to do it on the next pitch since you are only throwing a small amount of pitches*)
- **Pick no more than 3 pitches plus your changeup, and be sure to have a pitch in each of the 4 zones:**
 - High
 - Low
 - Inside
 - Outside

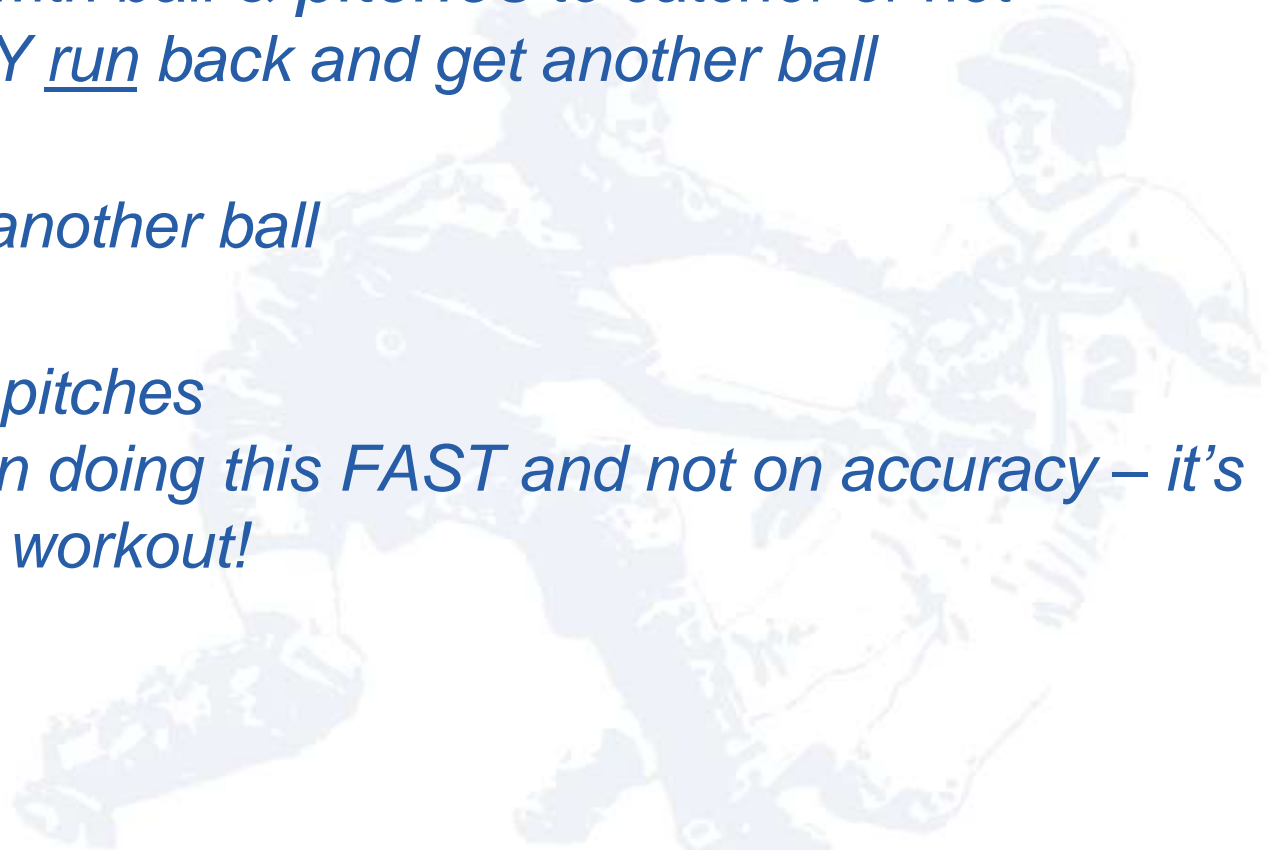
Medium / Pitch Focus Workout

- **25 TOTAL Pitches of each pitch (NOT including warmups)**
- **100% effort on each pitch**
- **Changeup + 3 other pitches – max.**
- **Must throw to all zones:**
 - Inside
 - Outside
 - Up
 - Down



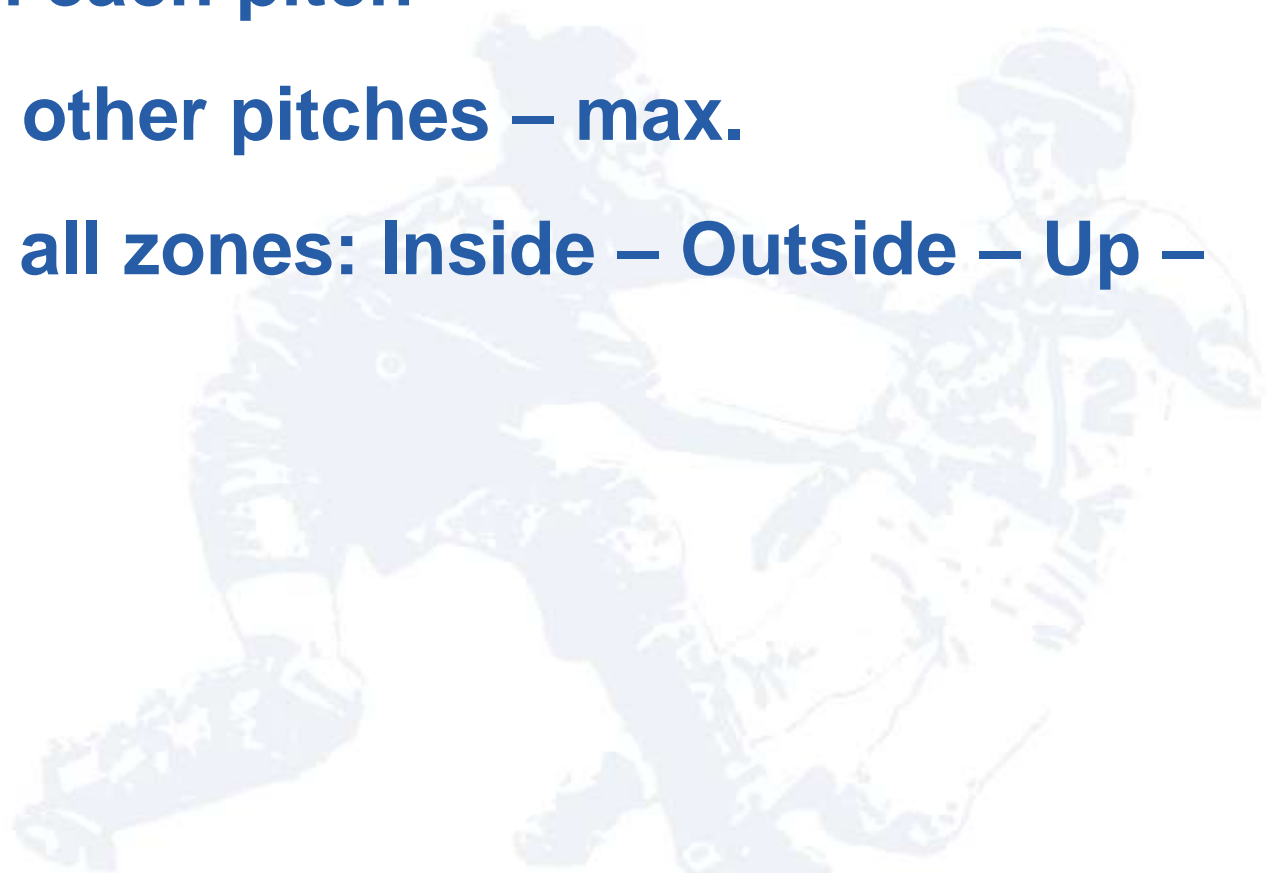
● 20 Pitch & Pickups:

- *Bucket of 20 balls, or 20 balls on the ground behind the pitching rubber*
- *Pitcher starts with ball & pitches to catcher or net*
- *IMMEDIATELY run back and get another ball*
- *Pitch*
- *run back, get another ball*
- *Pitch*
- *Repeat for 20 pitches*
- *The focus is on doing this FAST and not on accuracy – it's a conditioning workout!*



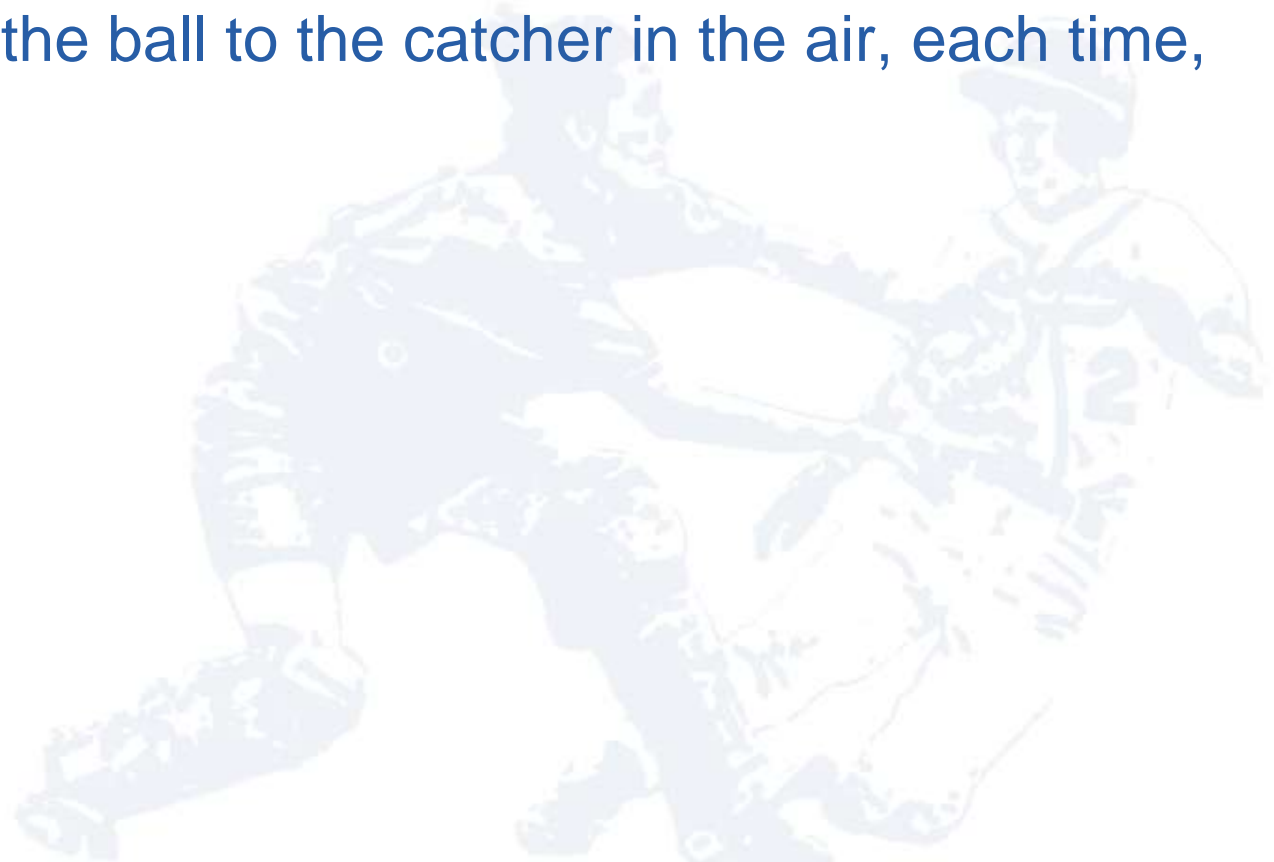
Medium / Conditioning Workout, cont.

- **20 TOTAL Pitches of each pitch** (*NOT including warmups*)
- **100% effort on each pitch**
- **Changeup + 3 other pitches – max.**
- **Must throw to all zones: Inside – Outside – Up – Down**



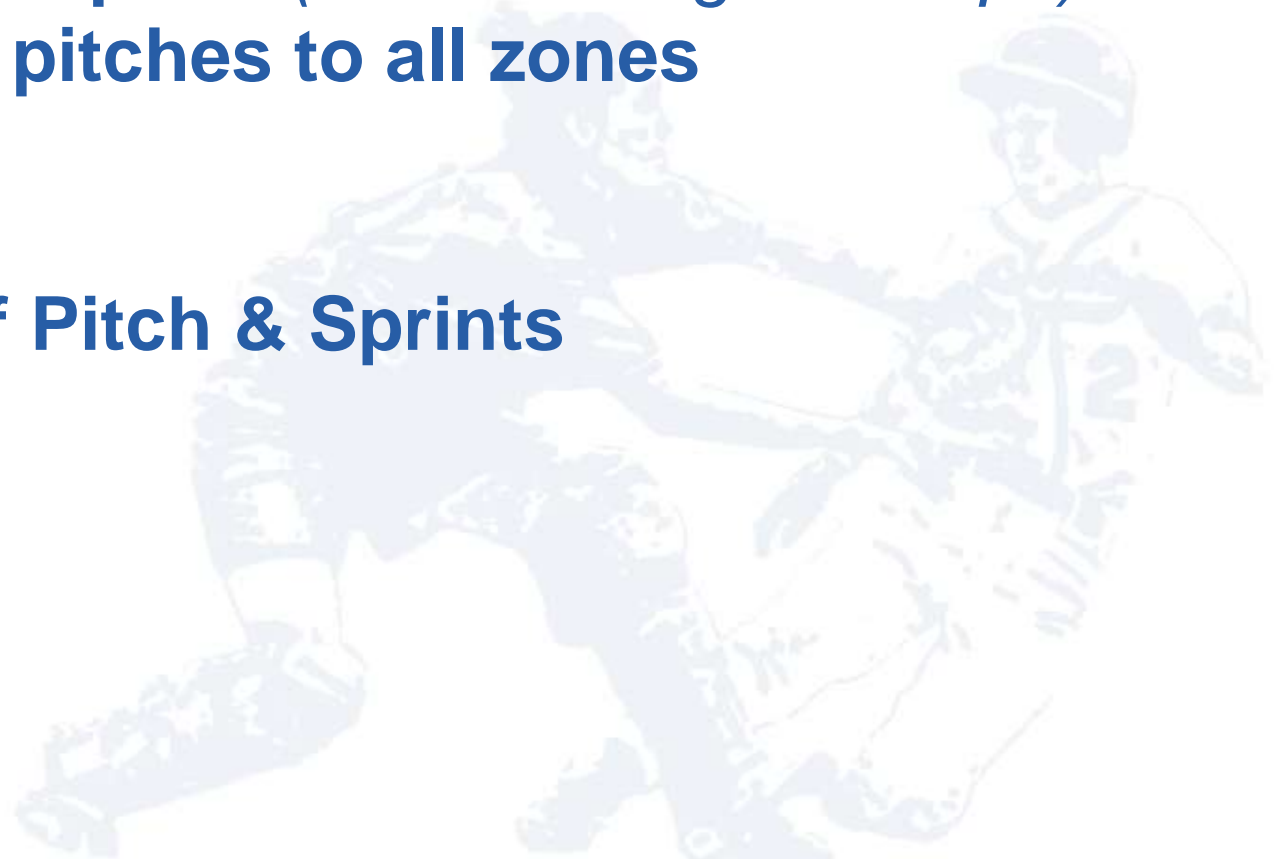
Medium / Speed Workout

- **25 Basketball pitches from 43 feet at 100% effort**
- **25 distance pitching from at least 110 to 130 feet**
 - Focus is NOT on control
 - but on getting the ball to the catcher in the air, each time, on a loop.



Heavy Day Workouts

- 10 minutes of Spin work on each pitch you've thrown this week
- 30 pitches each pitch (*not including warmups*) – changeup = 3 pitches to all zones
- 100% effort
- 2 sets of 10 of Pitch & Sprints



GREAT Softball Educational Material

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COACHING NEWSLETTER -
Free

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