



Phase 5: Movement Pattern Development

Weeks 1-3

Each Exercise is done 6-8 Times. Work on Feel and think of aspects related to balance, directional control, rotation, and extension related to your pitching motion.

Tidal Tank Water Ball Routine Off of Mound:

1. In Line Infinity Off Mound w/Follow Through
2. Slight Lift Pitching Motion w/ Follow Through
3. Full Balance Point Lift w/ Follow Through

Large Medicine Ball Routine:

1. Step Behind Shoves into the Wall
2. Walk Into Balance Point Shoves into the Wall
3. Overhead Slams to Both Sides into Ground