

UNA BASEBALL – overhead needed

Drills to develop the Curve, Slurve and Slider

- I. Grips on Curve, Slurve and Slider
- II. Gunsight “L” position for each pitch
- III. One knee throwing – 12 meters
- IV. Ext. stride throwing – 15 meters
- V. Stride position – official distance (18.46 meters) 60’ 6 inches
- VI. Over the screen drill
- VII. Hammer ball
- VIII. Screw on
- IX. Hit the towel
- X. Towel ball
- XI. Tubing
- XII. Football over the fence