

Zip Ball™ Drill Contest Winner

Drill Name: Rise Spin Progression

Skill: Pitching

Drill Purpose: This drill helps pitchers to feel the ball in the pads of their fingers when learning the rise ball. Also to help them feel the fingers moving under the ball to create a backwards rotation on the ball.

Setup: Pitcher and catcher. Indoors or outdoors. Initial setup is approximately 6 feet apart in a standing position. The pitcher is in an open position (sideways to the catcher).

How the Drill Works:

- Step 1: Start about 6 feet away from the catcher using a [Zip Ball™](#). Have the pitcher hold the [Zip Ball™](#) using the fingers only - no thumb. The [Zip Ball™](#) is held so that the fingers are underneath the ball and the fingers point towards third base for a RH pitcher and 1st base for a LH pitcher. The pitcher now uses her fingers only to rotate under the ball and gently spin the ball to the catcher. Use very little backswing - just enough to get the ball to the catcher.
- Step 2: After several spins substitute a Spinner for the [Zip Ball™](#) again using no thumb.
- Step 3: After several spins to the catcher substitute a regulation ball for the Spinner once the spins are correct. Again use the fingers only to spin the ball to the catcher.
- Once the pitcher has the correct spin they will then move back to 15 feet and repeat the 3 steps but this time with an increase in the back swing. She will also add her thumb to the [Zip Ball™](#), Spinner and regulation ball.
- Continue back to 3/4 distance using an open stance with a full arm circle.
- Finally full pitch using just the [Zip Ball™](#) and regulation ball.

Coaching Point: I also add a thick black line to the [Zip Ball™](#) so the pitcher can more easily see the spin orientation and amount of spin generated. This drill is very helpful to the pitcher in getting them to use their fingers more than the wrist in generating spin on the rise. The fingers move a lot faster than the wrist. The wrist action helps to propel the ball forward and the fingers are used more to apply the spin to the ball.

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