



3 Pitching Drills to Start Today

Real reps from the 8th Day training floor. Print this page and put it in your bag.

Good pitchers are not made by max-effort bullpens. They are made by controlling what they can control, one intentional throw at a time. These are three drills straight out of the 8th Day Pitching Guide. Do them with a purpose and you will see it show up on the mound.

DRILL 1

Daily Long Toss Ladder

Square Toss, Power Position, Tempo Arm Swings, Shuffle Go, then Long Toss building out to your personal max distance. Same order, every time, before you ever throw off a mound. WHY IT MATTERS: Your arm has to be built before it can be trusted. This ladder is how we build the arm strength that everything else depends on.

DRILL 2

Base Bullpen Command Work

A structured bullpen, roughly 56 pitches, entirely focused on attacking the strike zone. Track first-pitch strikes and two-strike put-away pitches, not just how hard you threw. WHY IT MATTERS: Control the pace of the game and attack the zone. A bullpen without a purpose is just throwing. A bullpen with a plan is training.

DRILL 3

Conviction Rounds

10 pitches, call your pitch and location before every throw, and commit to it fully. No steering, no aiming, no doubt. If you miss, you miss committed. WHY IT MATTERS: It is better to throw the wrong pitch with conviction than the right pitch with doubt. Conviction is a skill. Train it on purpose.

"Be strong and courageous." — Joshua 1:9

Want the full system? The 8th Day Pitching Guide walks through the complete throwing progression, bullpen structures, and a 7-day pitching schedule we use with our own players, including several who went on to be drafted and play professionally. Find it at 8thdaybaseball.com/shop, or book 1-on-1 and small group training at 8thdaybaseball.com/baseball.

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