

# BUILDING THE ELITE PITCHER:

## WHIP IT AND RIP IT

### 6 WAYS TO BUILD THE ELITE PITCHER

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## 2022 NFCA Presentation (Video Offer Code NFCA2022)

**BUILDING THE ELITE PITCHER: WHIP IT and RIP IT**

NFCA 2022 Convention  
Date: Friday 12/9/22  
Presenter: Rita Lynn Gilman

### OTHER PITCHING RESOURCES

ALL resources cited in Rita Lynn Gilman's 2022 NFCA Presentation on Dec 9th in San Antonio:

#### 1. Make Their Hand Whip Faster

1. Stationary Drill Online Video and Worksheet
2. Baseball Rope/Paddle Whips
3. Glove Snaps
4. Mini-Chute
5. Basketball Toss
6. Light Ball Work
7. Long Distance

#### 2. Make Their Fingers Rip Harder

1. Rev Fire/Rapsodo/Diamond Kinetics
2. Finger Scrapes
3. Double Ball Flips
4. Sticks on Wall
5. Cross Grip Spinner
6. Heavy Ball/Basketball Rips
7. Velcro Ball/Fingerless Glove
8. Grip Strength and Dexterity Online Video

#### 3. Make Them Spin It Better

1. Taped Balls

**“If everyone of us is  
thinking alike,**



**Then somebody isn't thinking.”**

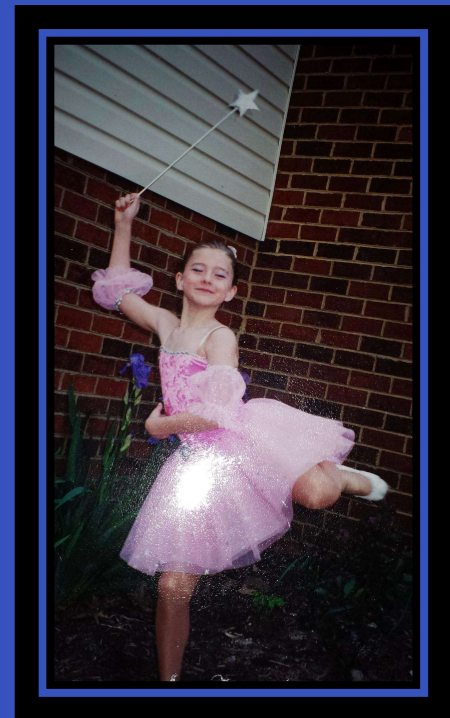
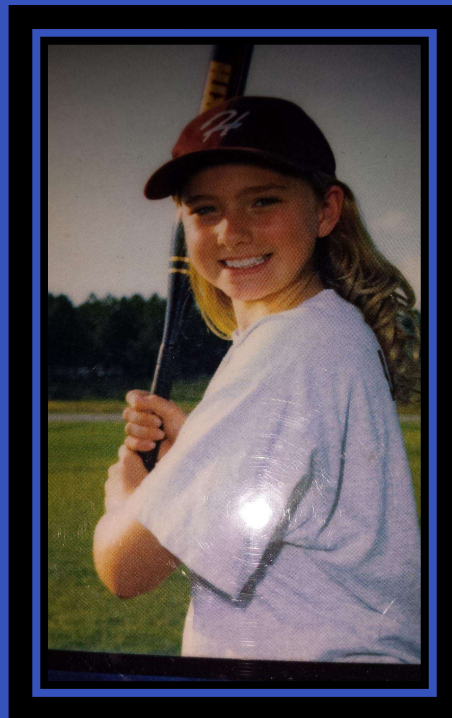
- George S. Patton

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# GUESS WHO?



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# LACEY WALDROP



Player of The Year



# LACEY WALDROP



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# The ELITE Fastball

- SECRET TO MY SUCCESS
- NOT FANCY
- STAY WITH A FASTBALL A LONG TIME
- SOLID MECHANICS DONE AGGRESSIVELY
- SPEED IS IMPORTANT
- HAND BEHIND THE BALL = VELOCITY
- TIGHT 4 SEAM TOP SPIN BECOMES A PEEL DROP
- CONTROL IS A PITCH!



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# How do YOU tell a pitcher to throw faster?



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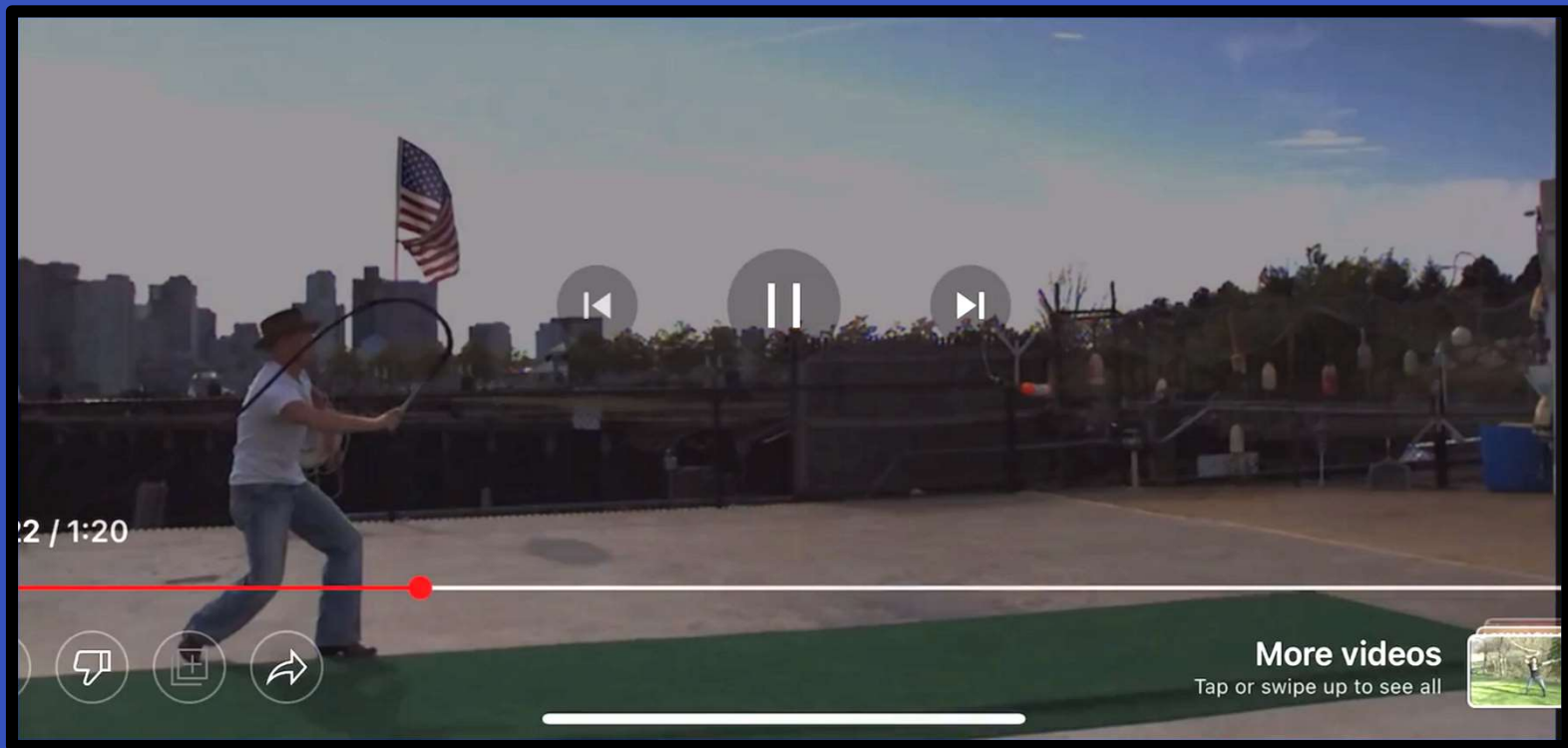
Legs are **OVERRATED**  
**MAGIC** is in the **FINGERS**



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# 1: MAKE THEIR HAND WHIP FASTER



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# 1-1: STATIONARY DRILL

## OUR TEST:

- STATIONARY MEASUREMENT
- 60 MPH IS HIGHEST RECORDED
- FULL MOTION – MAX IS 10MPH FASTER



\*Stationary video on website

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# 1-2: BASEBALL ROPE/PADDLE WHIPS



WHIP NOISE IS DIRECT REFLECTION OF HAND SPEED



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# 1-3: GLOVE SNAPS

## 4 TYPES:

- ½ WHIP
- WINDMILL
- STEP KICK
- FULL PITCH



\*Cannonball is a great option for advanced pitchers

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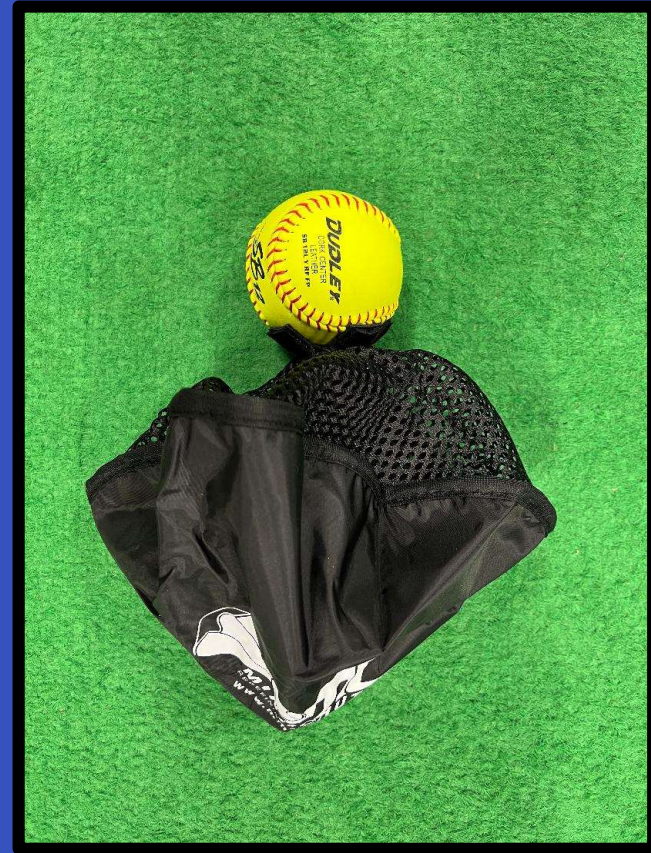




# 1-4: MINI-CHUTE

## ROUTINE

1. STATIONARY X 10
2. REGULAR PITCH X 10
3. MUST FOLLOW WITH 5 HARD PITCHES



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# 1-5: BASKETBALL TOSS

## VARIATIONS:

- HALF TOSS AHAP (AS HARD AS POSSIBLE)
- MUST FOLLOW WITH 5 HARD PITCHES
- HIGH TOSS TO SELF
- LONG TOSS AND RECORD – IN HOUSE RECORD IS 67FT



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# 1-6: LIGHT BALL WORK

PREFER LIGHT WEIGHT OVER HEAVY

## LIGHT WEIGHT WORKOUT

### 1) STATIONARY WEIGHTED BALL WORKOUT

- 5 CANNON BALLS @ 70%
- 5 HEAVY BALLS (8OZ.) @ 100%
- 5 REGULAR BALLS (6.5OZ) @100% - MEASURE SPEED
- 2-3-2 WITH XELERATOR
- 10 LIGHT BALLS (5OZ) @ 100% - MEASURE SPEED +3MPH
- 5 REGULAR BALLS (6.5OZ) – 100% - MEASURE SPEED & TRY TO MATCH

### 2) RUN INTO +4MPH

- 10 RUN INTO LIGHT BALLS (5OZ) – MEASURE SPEED GOAL IS +4MPH
- REGULAR PITCH AND TRY TO MATCH



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# 1-7: LONG DISTANCE

## FAVORITE VERSION:

HIGH TOSS WARM UP – SPINNER & 14"

STATIONARY X 10

REGULAR PITCH X 10

WALK INTO X 10

**\*RECORD DISTANCES**



Distance is Directly  
Correlated to Speed

100 ft = 50mph

125 ft = 55mph

150 ft = 60mph

175 ft = 65mph

200 ft = 70mph

+/- 1mph

Every 5 ft = 1mph

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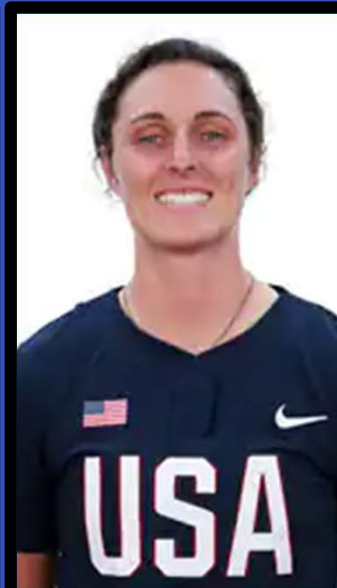
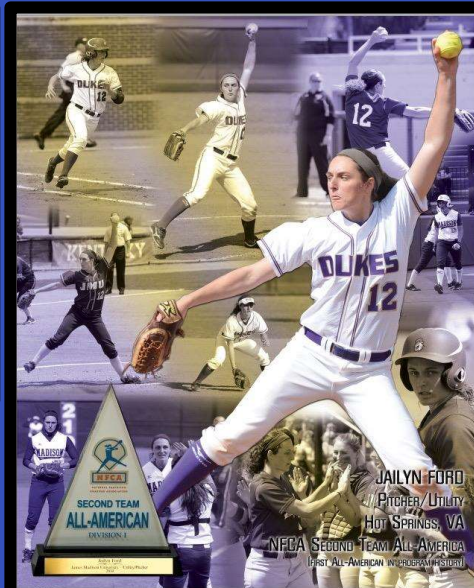
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# JAILYN FORD



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## 2: MAKE FINGERS RIP HARDER



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## 2-1: REV FIRE

- MEASURE SPIN SPEED
- SELF SPINS
- PUSH FOR NEW NUMBERS
- TEST & RETEST – BEST RESULTS AFTER FINGER SCRAPES

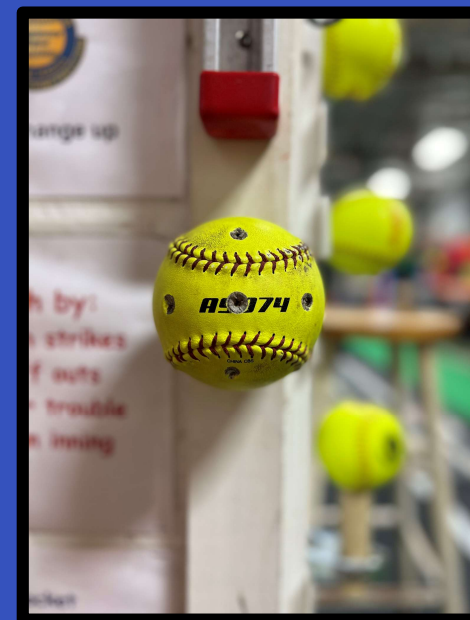
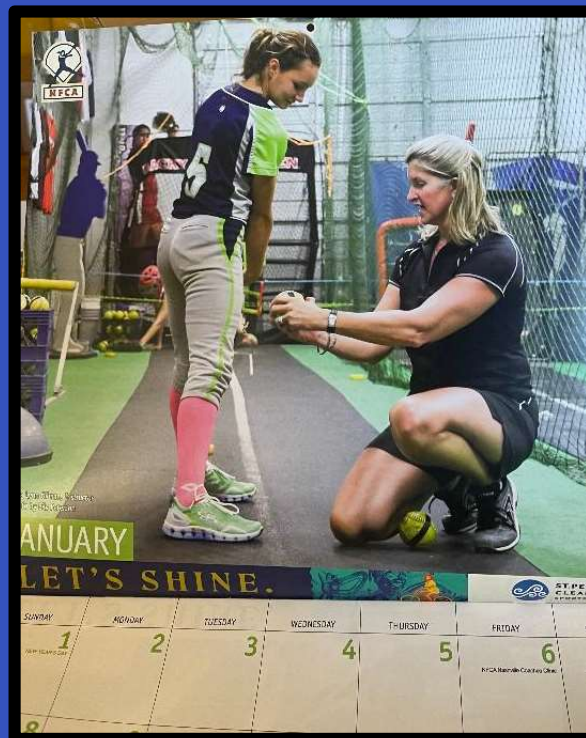


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# 2-2: FINGER SCRAPES

- 11 VARIATIONS OF SCRAPES
- PARTNER SCRAPES – DEMO
- BALL ON WALL



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## 2-3: DOUBLE BALL FLIPS

- SEE THE SPIN RATE
- PULL FINGERS BACK HARD
- FASTBALL, DROP BALL, FLIP CHANGE

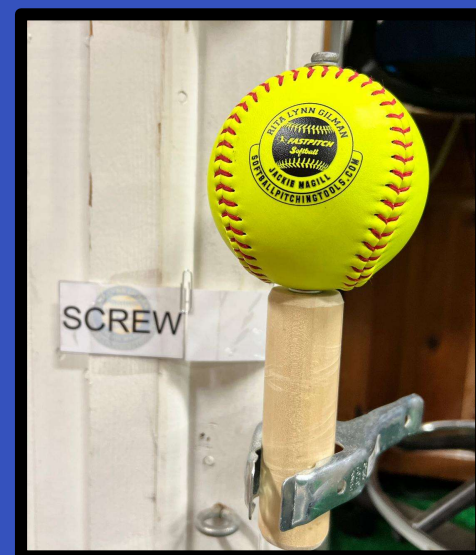


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## 2-4: STICKS ON WALL

- SPINS FOR EACH PITCH
- STICK REPRESENTS AXIS OF ROTATION
- SPIN AS FAST AS POSSIBLE

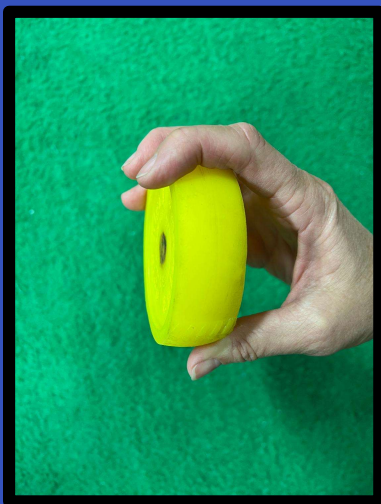


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## 2-5: CROSS GRIP DRILL

- MAKE IT **BUZZ**
- FASTER SPIN MAKES A LOUDER NOISE
- MORE THE SPIN = MORE THE MOVEMENT



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## 2-6: HEAVY BALL/BASKETBALL RIPS

- FEEL FINGER PADS PUSH MORE BECAUSE OF WEIGHT, SIZE, TEXTURE, ETC.
- PUT LITTLE PICTURE IN BIG PICTURE



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## 2-7: VELCRO BALL/FINGERLESS GLOVE



### Velcro Ball

- Fireside Chat – Lisa Fernandez idea

### Fingerless Glove

- Brakes are the palm, speed is in the pads



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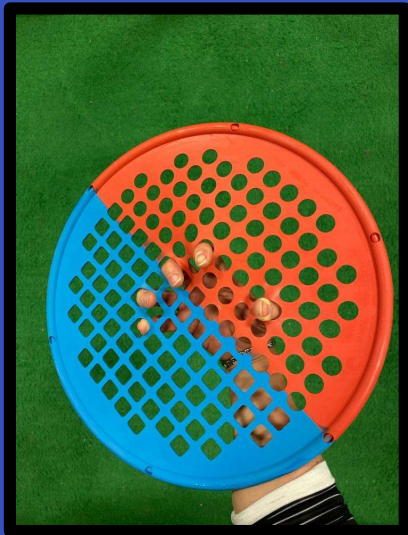


## 2-8: GRIP STRENGTH



DIRECT CORRELATION BETWEEN SPEED LEADERS AND GRIP STRENGTH LEADERS!!!

Power Webs



Rice Bucket



Bag Flips

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# KATHRYN SANDERCOCK



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# KATHRYN SANDERCOCK 1<sup>ST</sup> LESSON



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# 3: MAKE THEM SPIN IT BETTER



*BE A SPIN SNOB!!!*

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# 3-1: TAPED BALLS

- NO NAKED BALLS
- CAN'T READ SEAMS
- ASK, DON'T TELL
- BE A SPIN SNOB



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## 3-2: DOUBLE BALL

- DOUBLE ROLLS –FASTBALL/DROPBALL
- DOUBLE TWISTS – CURVE/RISE
- 6 STEPS– SELF FLIP

SELF HALF TOSS

HIGH SELF FLIP

HIGH SELF WINDMILL

HALF TOSS TO CATCHER 15FT

WINDMILL TO CATCHER 15 FT

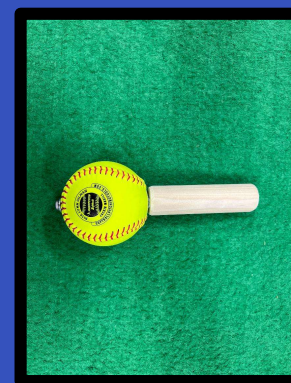
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# 3-3: BALL ON A STICK

- STICK IS AXIS OF ROTATION
- PRECISE VIOLENT **FINGER** MOVEMENT
- BETTER FOR ADVANCED MOVEMENT PITCHES



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# 3-4: SPINNER 2 FINGER GRIP

- DOT ON SPINNER – SHOWS HAND ANGLE
- READ THE ERROR
- SMOOTH AND STRAIGHT

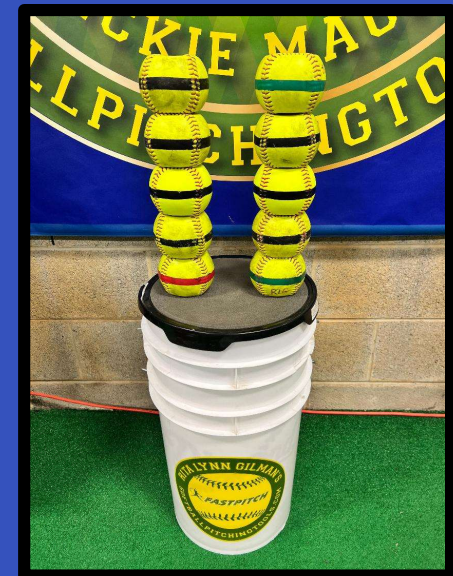


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## 3-5: SPINFORM

- MORE BALL LIKE
- GRIP SAME AS SOFTBALL



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## 3-6: ZIP BALLS

- MORE SENSITIVE TO FINGER MOVEMENT
- REQUIRES HOLDING IN FINGER PADS
- PREVENTS SHOVING
- HEAR ACTUAL SNAP OF FINGERS FOR CURVE AND RISE



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# VALERIE CAGLE



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# 4: MAKE THEIR FEET MOVE FASTER



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# 4-1: DRAG BOX

- WOULD NOT TEACH WITHOUT
- PREVENTS LEAPS, CROW HOPS & ZOMBIE FOOT
- GROWN OVER YEARS
- FORCES HEEL OVER TOE
- KEEPS DRAG STRAIGHT



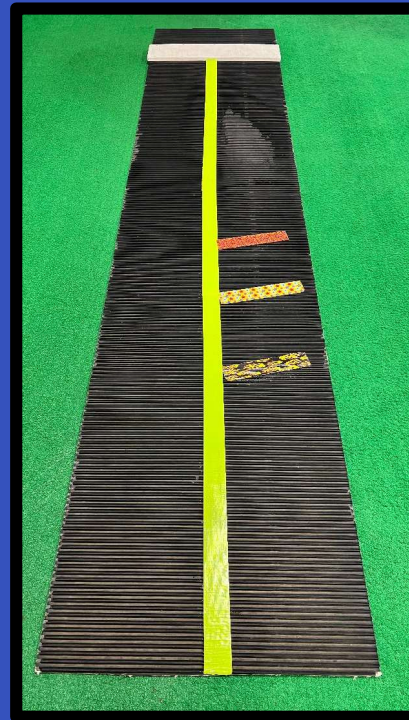
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## 4-2: ZIPPY MAT

- HELPS US READ ERRORS IN DRAG FOOT
- WHIP HARD, KICK HARD!
- HELPS TO LEARN RHYTHM
- LIGHT VS HEAVY
- TOP OF TOE VS. SIDE OR BOTTOM



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## 4-3: PRO POWER DRIVE

- LOAD & EXPLODE
- FEEL SPRINGING ACTION OF POWER FOOT
- CONNECTION: PUSH ARM UP AND AROUND AS YOU SPRING



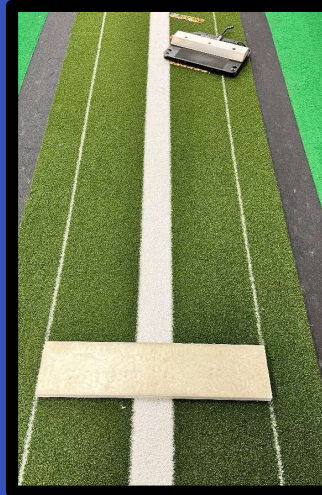
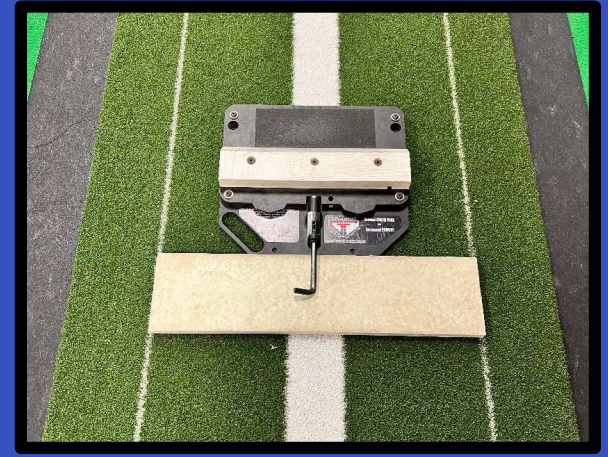
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# 4-4: QUEEN OF THE HILL

- 3 GROUND FORCES
- STAGGERED DOUBLE PUSH
- RIGHT FOOT HAS TO BE MOVING BEFORE LEFT FOOT LEAVES THE GROUND
- ADJUST LEVELS OF RESISTANCE
- FAST DOUBLE CLICK GIVES POSITIVE FEEDBACK



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## 4-5: CONE KICK

- KNEE DRIVE
- MOST AGGRESSIVE ENDING
- KEEPS THEM SIDWAYS - OSORIO
- CONE POSITION IS CRUCIAL



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# 4-6: THIGH BANDS/ANKLE BANDS

- WORK HARDER AGAINST RESISTANCE
- MOVE FASTER AFTER BAND WORK



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# 4-7: HARNESS ASSIST

- SPEED UP THE FEET=SPEED UP THE ARM
- TEACHES REVERSE POSTURE & RESISTANCE

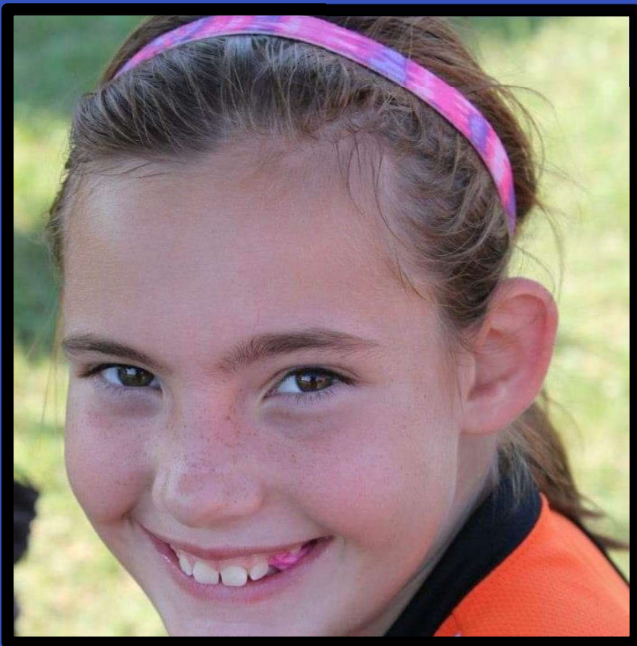


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# MILLIE THOMPSON



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# 5: PROVIDE FOCUSED LEARNING ENVIRONMENT



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# 5-1: ACCURACY ROPES

## Home Plate Diagram



## Rope Measurements:

### Horizontal Ropes:

5ft 26" and 20"

1ft 18" and 12"

### Vertical Ropes:

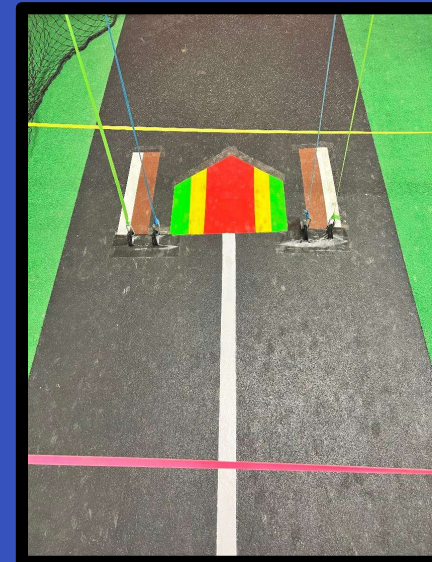
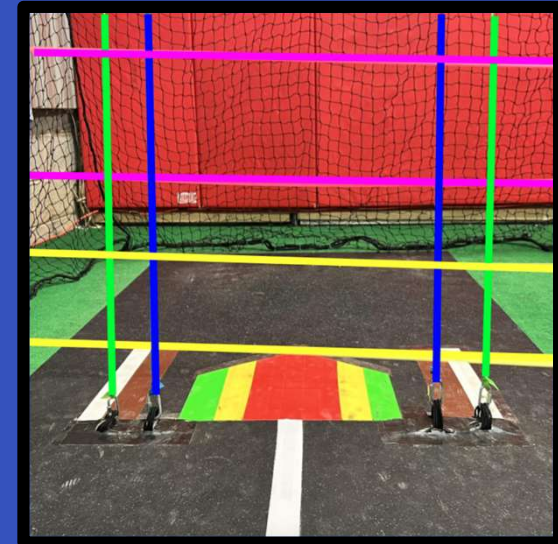
1- Ball width on plate use 0-0

1- Ball width off plate use 0-1

2- Ball width off plate use 0-2

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- WOULDN'T TEACH WITHOUT THEM
- NEVER COME DOWN



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## 5-2: PITCHER'S POCKET

- PITCHER'S THINK THEY ARE BETTER AT HITTING SPOTS THAN THEY REALLY ARE
- BE A SNIPER
- SNIPER CONTEST

12	11	10
9	8	7
6	5	4
3	2	1



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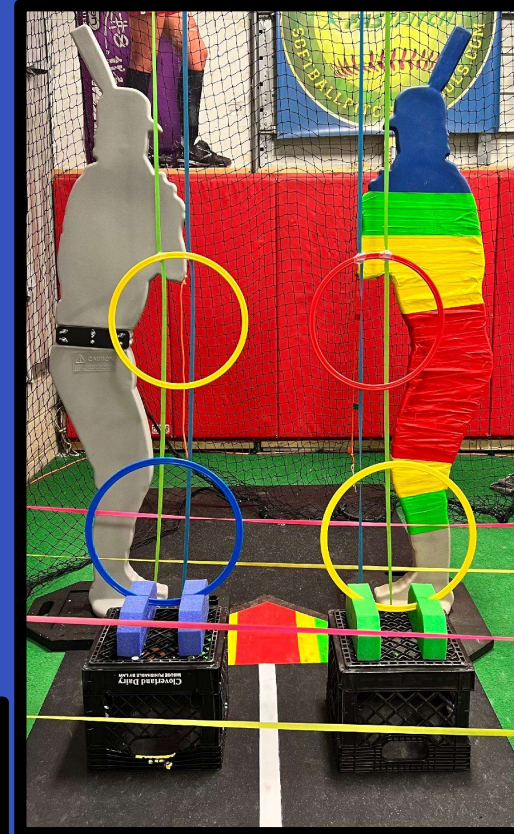
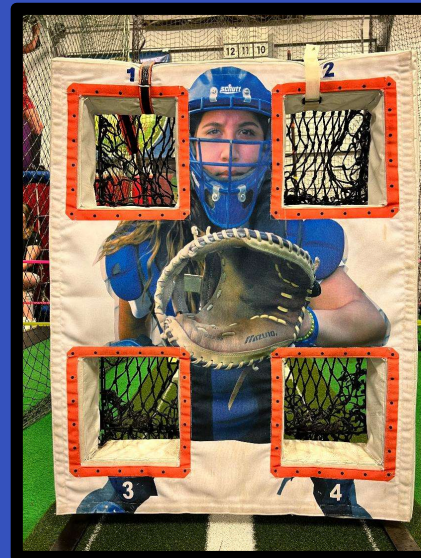


# 5-3: ENTERTAINING TARGETS

- TIRE
- NOODLE POLES
- RINGS
- CONE
- BATTING TEE



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# 5-4: DESIGNATED HITTER

- PITCHER'S THINK THEY ARE BETTER AT HITTING SPOTS THAN THEY REALLY ARE
- RIB TICKLER
- RED, YELLOW, GREEN ZONES

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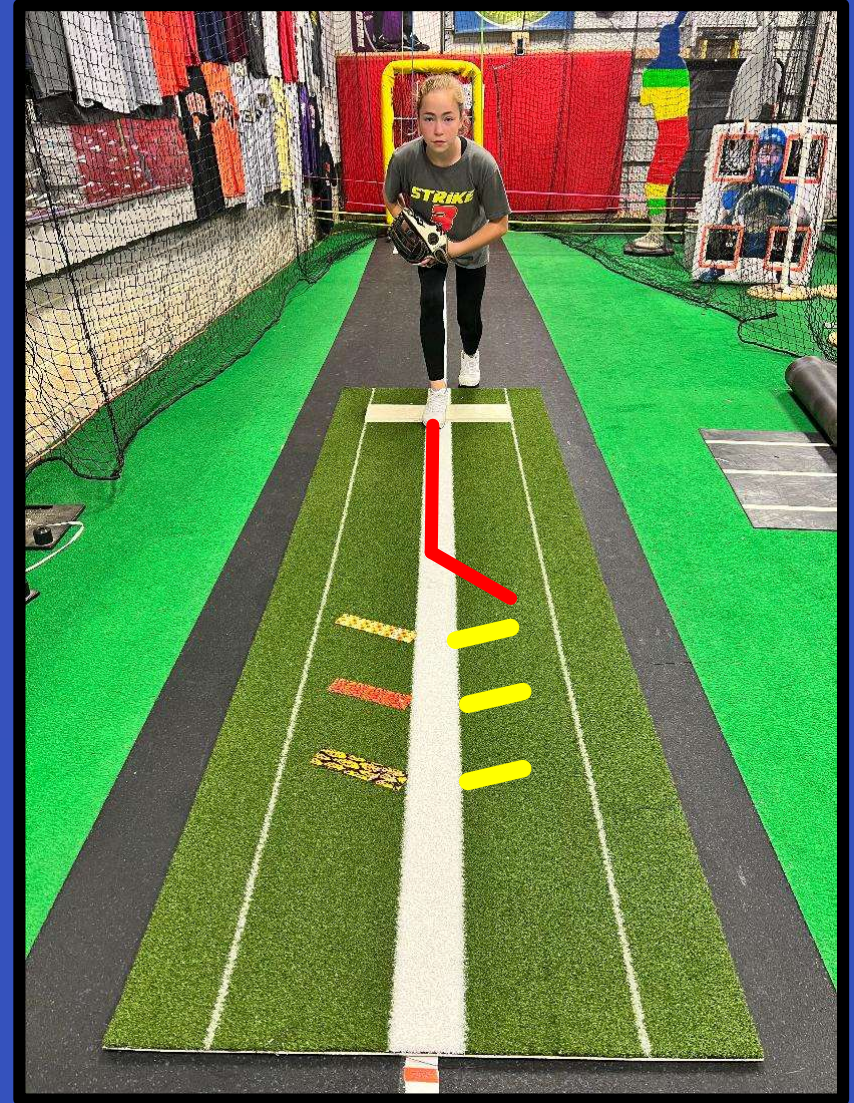


# 5-5: POWER LINE

- BASIC – BUT NECESSARY
- MARK STRIDE – 6, 7, & 8 FOOT
- ARM OWNS POWER LINE – LAND LEFT/RIGHT
- EASILY DONE WRONG WHEN BEEN IN DIRT/GAMES



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# 5-6: STRIDE ROPE



- THIGH PARALLEL TO GROUND
- COMPLETELY CHANGES THEIR LOOK
- GIVES HIPS TIME TO SHIFT INTO REVERSE POSTURE



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# 5-7: POLE IN FACE

- KEEPS THEM IN REVERSE POSTURE
- BODY FOLLOWS THE HEAD
- HIPS GLIDE UNDER
- ACCELERATION STARTS WITH A STOP
- KEEP YOUR BIG FAT HEAD BACK



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## 5-8: PLANK

- USED FOR BALANCE
- USED FOR POWERLINE



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# 5-9: RADAR

- USE 3 DIFFERENT RADARS – JUGS GUN, POCKET RADAR AND RADAR PITCHING TRAINER
- PROVIDES CONSISTENCY
- PUSHES THEM
- POCKET RADAR FOR CONSTANT FEEDBACK
- SPEED DROPS OFF WHEN WORKING ON ACCURACY

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# GUESS WHO?



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# JORDAN DAIL



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# 6: MAKE THEM MORE AWARE & ACCOUNTABLE

## Body Awareness

- Mirror
- Rehearsals
- Air Throughs

## Pitch Accountability & Competitiveness

- Watch 6 things
- Sniper Challenge Workbook
- Charting
- Speed Club

## Self Reflection

- Journal
- Practice
- Games
- Lessons

Make Pitchers Be Their Own Best Pitching Coach!

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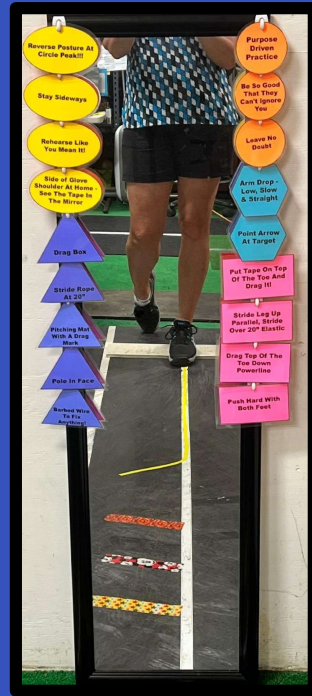


# 6-1: MIRROR WORK FOR BODY AWARENESS

\*SEE BEFORE YOU FEEL  
DEEP PRACTICE

STEP 1 – NO BALL

STEP 2 – BALL IN NET



\*Mirror Video and Sign Template on Website

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# 6-2: REHEARSALS FOR BODY AWARENESS

## 4 TYPES:

- KICK
- WHIP
- BIG X
- DOUBLE ARM CIRCLE



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# 6-3: AIR THROUGHES FOR BODY AWARENESS

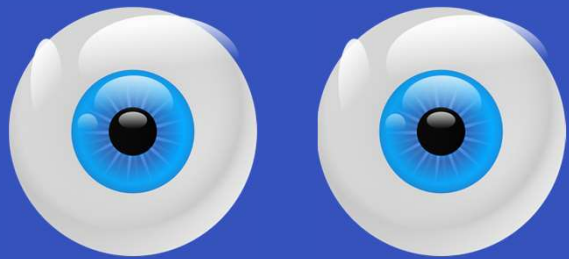
- BALLS ARE EVIL
- BETTER WITHOUT BALL
- MORE CORRECT REPETITIONS
- TAKE MORE RISKS

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# 6-4: ACCOUNTABILITY – WATCH 6 THINGS



Six things that pitchers  
**MUST** watch every pitch

1 - Spin Direction (Tapeline)

2 - Movement

3 - Velocity

4 - Spin Speed

5 - Exact Corner

6 - Exact Height


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# 6-5: COMPETITIVENESS - SNIPER CHALLENGE WORKBOOK

COMING SOON!

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### 1. LOW TIRE CHALLENGE

DIRECTIONS: The hole in the tire we use is 11.5" wide and the tire itself is 20" wide. Write down the pitch and corner of your challenge. Goal is to pitch **directly through the tire and score 5pts**. Score **2 pts for hitting the black part of the tire**. Score **1pt for a VERY close miss**. Total the points after 10 pitches. Record the speed of each pitch to ensure you maintain velocity. Draw a dot for each pitch location to make sure you adjust on the next one. Use the codes to analyze your miss and/or effort level. Double or nothing must be directly through the tire!

Pitch:				Corner:				Pitch:				Corner:				Pitch:				Corner:			
Pitch Location		Code	Speed	Pts	Pitch Location		Code	Speed	Pts	Pitch Location		Code	Speed	Pts	Pitch Location		Code	Speed	Pts				
1.					1.					1.					1.								
2.					2.					2.					2.								
3.					3.					3.					3.								
4.					4.					4.					4.								
5.					5.					5.					5.								
6.					6.					6.					6.								
7.					7.					7.					7.								
8.					8.					8.					8.								
9.					9.					9.					9.								
10.					10.					10.					10.								

DIRECTLY THRU (5 PT) \_\_\_\_ x 5 = \_\_\_\_

TIRE HITS (2 PT) \_\_\_\_ x 2 = \_\_\_\_

GOOD MISSES (1 PT) \_\_\_\_ x 1 = \_\_\_\_

TOTAL SCORE

DOUBLE OR NOTHING? YES OR NO? HIT OR MISS?

FINAL SCORE

DIRECTLY THRU (5 PT) \_\_\_\_ x 5 = \_\_\_\_

TIRE HITS (2 PT) \_\_\_\_ x 2 = \_\_\_\_

GOOD MISSES (1 PT) \_\_\_\_ x 1 = \_\_\_\_

TOTAL SCORE

DOUBLE OR NOTHING? YES OR NO? HIT OR MISS?

FINAL SCORE

DIRECTLY THRU (5 PT) \_\_\_\_ x 5 = \_\_\_\_

TIRE HITS (2 PT) \_\_\_\_ x 2 = \_\_\_\_

GOOD MISSES (1 PT) \_\_\_\_ x 1 = \_\_\_\_

TOTAL SCORE

DOUBLE OR NOTHING? YES OR NO? HIT OR MISS?

FINAL SCORE





# 6-6: ACCOUNTABILITY & COMPETITIVENESS - SPEED CLUB

- COMPETE TO BE TOP IN CLASS
- TRACK PROGRESS

The image shows a large wooden board covered with numerous 'Speed Clubs' charts. Each chart is a table with columns for speed ranges (e.g., 75 MPH, 70 MPH, 65 MPH, 60 MPH, 55 MPH, 50 MPH, 45 MPH, 40 MPH, 35 MPH, 30 MPH, 25 MPH) and rows for different grades (6th to 12th). Each chart lists names and corresponding data points, likely representing individual student progress in a speed club.

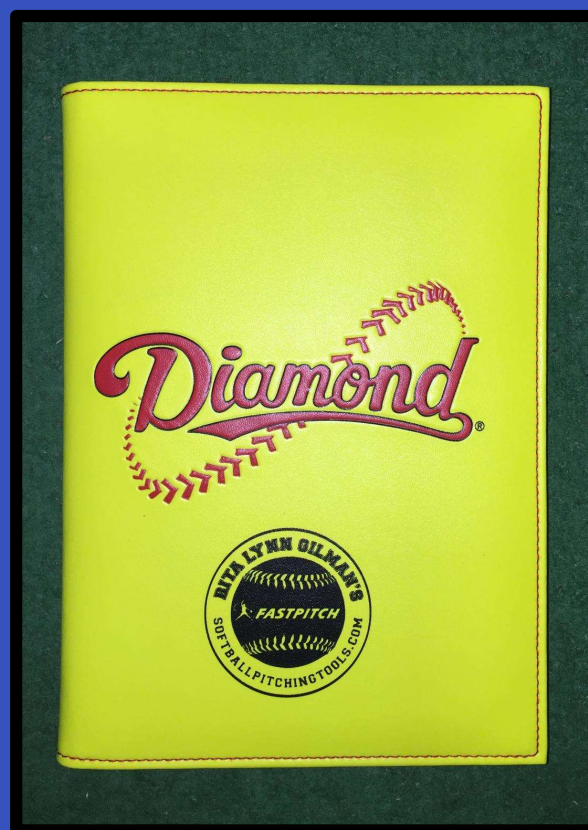
This image shows a smaller wooden board displaying a 'Speed Clubs' chart for the 60 MPH range. The chart is a table with columns for speed ranges (e.g., 75 MPH, 70 MPH, 65 MPH, 60 MPH) and rows for different grades (6th to 12th). Each chart lists names and corresponding data points, likely representing individual student progress in a speed club.

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# 6-7: REFLECTION - JOURNAL

- PRACTICE
- GAMES
- LESSONS
- ULTIMATE PITCHER'S HANDBOOK – COMING 2023



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**PITCHING PHILOSOPHY**  
POISE...SET THE TONE...OWN IT...COMMIT & EXECUTE...ATTACK THE ZONE...TOUGHNESS

Date: \_\_\_\_\_ Score: \_\_\_\_\_ Team: \_\_\_\_\_  
Pitcher: \_\_\_\_\_ Decision: \_\_\_\_\_ Opponent: \_\_\_\_\_

Inning	1st Pitch Strike Goal = 80%	1st Batter GET OUT!	Batter - Out after Trouble	Runs	# Pitches COMMIT & EXECUTE																																																											
<p><b>EXAMPLE</b></p> <p>1st Inning: 1st Pitch Strike 111/1111, 3 OUT OF 4, 75%. 1st Batter YES. Batter - Out after Trouble. Runs 0. # Pitches Tally it per inning.</p>																																																																
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| GLOW: What I Did Well  GR0W: What Needs Improvement | | | | | |






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