



10U

Pitching

10 Professional Drill Cards

Age-calibrated drills designed for player development at every level.
Free resource from Base9 Sports — Smarter Tools for Baseball & Softball

base9sports.com



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#01

Towel Drill (Mechanics)

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Proper pitching mechanics without a ball

SETUP

- Each pitcher has towel. Stand on flat ground or mound (if available). No catcher needed.

EXECUTION

- 1) Hold towel in throwing hand like ball.
- 2) Go through full windup motion.
- 3) Snap towel at release point toward target.
- 4) Focus on: balance point, stride direction, hip rotation, arm path.
- 5) 20 reps per pitcher.

COACHING POINTS

- Keep eyes on target throughout.
- Stride foot should point at target (not open/closed).
- Snap towel DOWN and through, not across body.
- Finish balanced, chest over front knee.
- Common fix: 'Show your back pocket to target' on leg lift.

#02

Balance Point Hold

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Develop balance and control in pitching motion

SETUP

- Pitchers on mound or flat ground. Coach observes from side.

EXECUTION

- 1) Start windup.
- 2) Lift leg to balance point.
- 3) HOLD for 3 seconds without wobbling.
- 4) Continue through pitch.
- 5) Start with 5 holds, work up to 10.

COACHING POINTS

- Weight on back leg's ball of foot.
- Posting leg should be slightly flexed, not locked.
- Eyes stay level, head doesn't dip.
- Belt buckle faces target.
- If wobbling: 'Think of standing on one leg to put on pants.'

#03

Step And Throw (Fastball Only)

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Fastball command - hitting the strike zone consistently

SETUP

- Pitcher on mound. Catcher with gear. Bucket of balls. Target (mitt, strike zone template, or marked zones).

EXECUTION

- 1) Pitcher starts from stretch position.
- 2) Simple step and throw - no full windup yet.
- 3) Aim for strikes - ANY part of zone.
- 4) 15 pitches focusing on control.
- 5) Count strikes vs balls.

COACHING POINTS

- Fastball ONLY at this age - no breaking balls!
- Aim for center of zone - don't nibble corners.
- Finish each pitch toward target.
- Release ball out in front.
- If wild: 'Throw strikes before velocity.'

#04

High-Low Targets

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Location within strike zone - working high and low

SETUP

- Pitcher, catcher, balls. Designate 'high zone' (letters) and 'low zone' (knees).

EXECUTION

- 1) Coach calls 'HIGH' or 'LOW' before each pitch.
- 2) Pitcher aims for that zone.
- 3) 5 high, 5 low, repeat.
- 4) Focus on keeping all pitches in strike zone.
- 5) 20 total pitches.

COACHING POINTS

- HIGH: Release slightly earlier, finish upright.
- LOW: Release slightly later, bend back more on follow-through.
- Don't sacrifice control for location.
- At 10U, 'in the zone' is victory perfect corners come later.

#05

Rocker Drill (Momentum)

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Creating smooth momentum toward target

SETUP

- Flat ground or mound. Each pitcher needs space. Can do without ball first.

EXECUTION

- 1) Start: feet together, ball in glove.
- 2) Small rock back onto back leg.
- 3) Rock forward, step toward target.
- 4) Throw to partner.
- 5) Focus on smooth weight transfer.
- 6) 15 throws.

COACHING POINTS

- No big step back - small rocker step only.
- Weight transfers back-to-front smoothly.
- Momentum goes TOWARD target, not side-to-side.
- Keep everything in straight line to target.
- 'Rock and throw, don't rush.'

#06

Fielding Practice (Pitcher Defense)

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Fielding position and covering bases

SETUP

- Pitcher on mound. Infielders at positions. Coach hits grounders. Runners optional.

EXECUTION

- 1) Pitcher simulates pitching (can just toss to coach).
- 2) Coach hits comebacker or ball to side.
- 3) Pitcher fields and throws to 1st.
- 4) Practice covering 1st on ground balls to right side.
- 5) 10 reps each.

COACHING POINTS

- After 'pitch,' get into athletic fielding position.
- Comebacker: field like infielder, throw from chest.
- Covering 1st: run INSIDE baseline, find bag with eyes, catch ball on run.
- 'Beat the runner to the bag!'

#07

Pitch Count Management

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Teaching self-awareness and safe pitch counts

SETUP

- Clipboard with pitch count sheet. Track every pitcher's count.

EXECUTION

- 1) Each pitcher tracks OWN pitch count on card.
- 2) After each pitch, mark tally.
- 3) Stop at 50 pitches (or league max).
- 4) Teaches responsibility and awareness.
- 5) No more pitching even if 'feeling fine.'

COACHING POINTS

- USA Baseball recommendations: 50 pitches max per day at 9-10 years old.
- 4+ calendar days rest after 35-50 pitches.
- NO BREAKING BALLS at this age - damages growth plates.
- Soreness = stop immediately.
- 'Protect your arm for the future.'

#08

Two-Seam Vs Four-Seam Grip

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Introduction to fastball grips and movement

SETUP

- Each pitcher has ball. Coach demonstrates grips on big ball or with overhead camera.

EXECUTION

- 1) FOUR-SEAM: fingers across seams (horseshoe). Most velocity, straight.
- 2) TWO-SEAM: fingers along seams. Slight movement, less velocity.
- 3) Throw 10 of each to catcher.
- 4) Notice differences.
- 5) Let pitcher choose comfort grip.

COACHING POINTS

- Most 10U should stick with four-seam for strikes.
- Two-seam OK if they can control it.
- Fingers on TOP of ball, not choking it.
- Thumb underneath, not to side.
- Loose grip = more velocity.

#09

Bullpen Routine

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Establishing pre-game warm-up routine

SETUP

- Pitcher, catcher, 15-20 balls. Simulate pre-game.

EXECUTION

- 1) 5 throws at 50% (easy toss, loosen arm).
- 2) 5 throws at 75% (medium effort).
- 3) 10 pitches at 100% (game speed - aim for strikes).
- 4) Always finish with strike.
- 5) Total: 20 pitches to be ready for game.

COACHING POINTS

- NEVER throw hard before warming up.
- Increase intensity gradually.
- Last pitch should always be a strike (confidence builder).
- Use this same routine before EVERY game.
- 'Never rush your warm-up.'

#10

Pickoff Move To First

PLAYERS

4-12

TIME

15-20 minutes

EQUIPMENT

Baseballs, catcher gear, mound

OBJECTIVE

- Basic pickoff mechanics and holding runners

SETUP

- Pitcher on mound (or simulated). First baseman on bag. Runner at first.

EXECUTION

- 1) Pitcher in stretch position.
- 2) Step directly toward first with stride foot.
- 3) Throw to first baseman.
- 4) Step must go TOWARD first (not toward home = balk).
- 5) Practice 10 pickoff attempts.

COACHING POINTS

- Lift leg, step toward first base (at least 45-degree angle).
- Don't step toward home and throw to first = BALK.
- Quick but controlled - accuracy over speed.
- First baseman: show target, receive inside.
- 'Step toward where you're throwing.'