

Weekly At-Home Softball Pitching Plan

Skill Level: Intermediate–Advanced (adaptable for beginners)

Equipment Needed: Softball, net or wall target, towel, tape, mat or cushion, resistance bands (optional)

Session Length: 30–40 minutes | Frequency: 3–5 days/week

Day 1 – Mechanics + Accuracy	Warm-Up (5 min): Arm circles, hip rotations, light jogging/jump rope Wrist Snap Drill – 3x20 reps K Drill – 3x10 pitches Target Challenge Drill – 4 zones x 10 pitches each Cool-Down: Shoulder, cross-body, wrist stretches
Day 2 – Power + Speed	Warm-Up (5 min): Dynamic lunges, arm swings, side shuffles Towel Drill – 4x15 reps One-Knee Drill – 3x12 pitches each side Strength Work: Resistance band pulls, squat jumps, plank shoulder taps
Day 3 – Recovery + Spin Focus	Warm-Up (5 min): Light jogging, shoulder rolls Wrist Snap Drill – 3x25 reps (different grips) K Drill – 2x12 pitches focusing on spin Mobility: Shoulder, hip flexor, cat-cow stretches
Day 4 – Game Simulation	Warm-Up (5 min): Side shuffles, arm circles, torso twists Target Challenge Drill – Simulate innings (3x21 pitches) Towel Drill – 2x15 speed bursts Cool-Down: Hamstring, calf, forearm stretches
Day 5 – Optional Endurance + Strength	Warm-Up (5 min): Light jog, dynamic stretches Circuit (3x): One-Knee Drill (10 each side), wall sits, push-ups, wrist snap drill Core Work: Side plank, dead bug

Tips for Success

- Track progress: Keep a notebook or app log.
- Rotate grips: Fastball, changeup, movement pitches.
- Rest smart: Take a day off or focus on light spin/mobility if fatigued.