

## Throwing Drill #3

### The Crossover Drill

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Complete  
Chiropractic  
Healthcare

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### Goals of the Crossover Drill

- ✓ Maximize explosion from a stationary position
- ✓ Pitchers cannot take multiple steps like position players
- ✓ Lead with the front hip
- ✓ Keep head movement steady
- ✓ Move hip forward during the leg kick, not after.

***“Be Quick But Don’t Hurry”***

- John Wooden

### Performing the Crossover Drill

- ✓ Lead with the front hip
- ✓ Keep head movement steady
- ✓ Move hip forward during the leg kick, not after.



***“Be Quick But Don’t Hurry”***

- John Wooden

### Video of Crossover Drill



**Thank You!**



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