

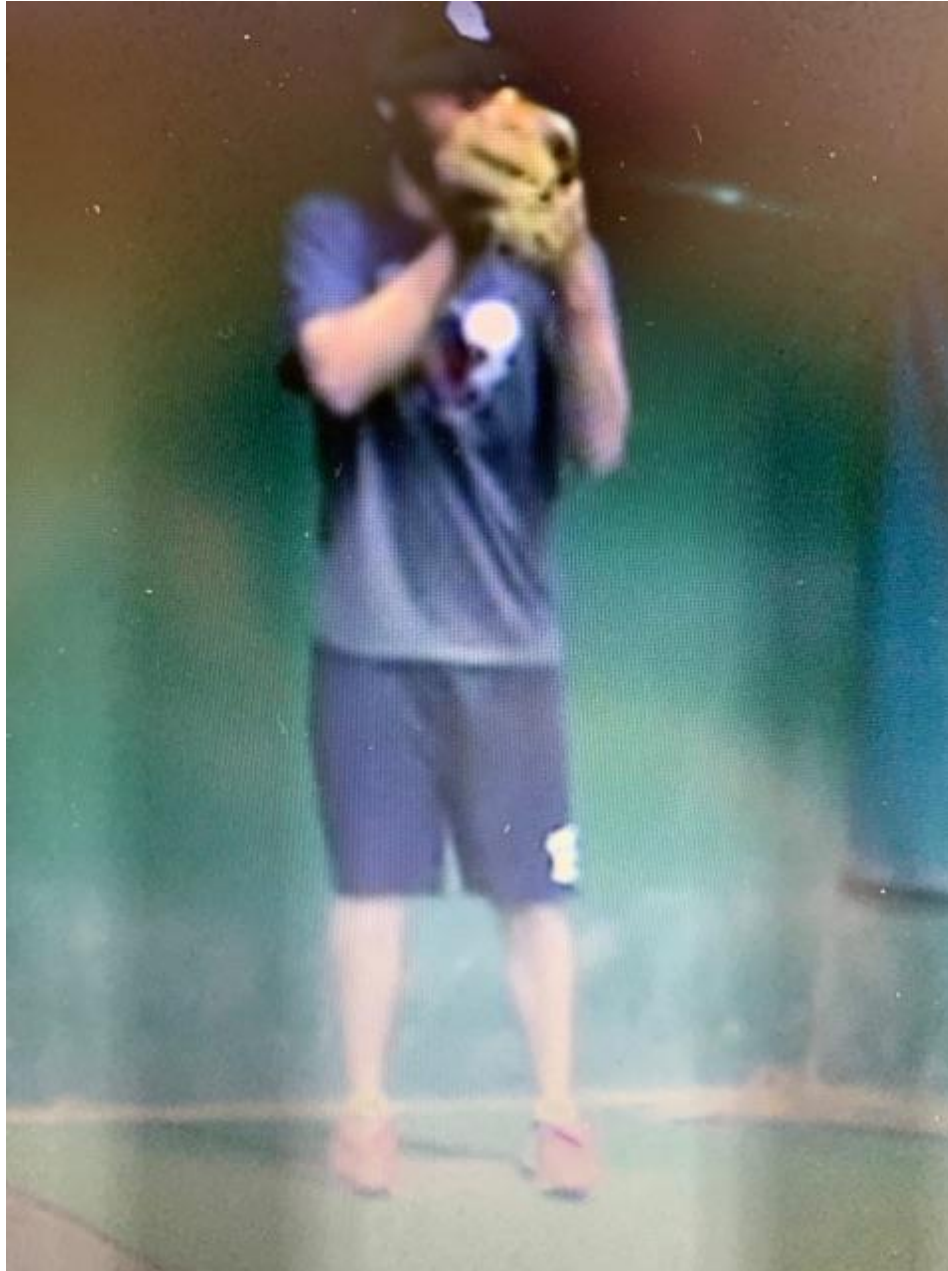
Basic Pitching Instruction

Setup (wind up)

- Feet Shoulder Width Apart
- Heels on Rubber
- NOTE: Do not try to balance on top of rubber
- Shoulders comfortable position

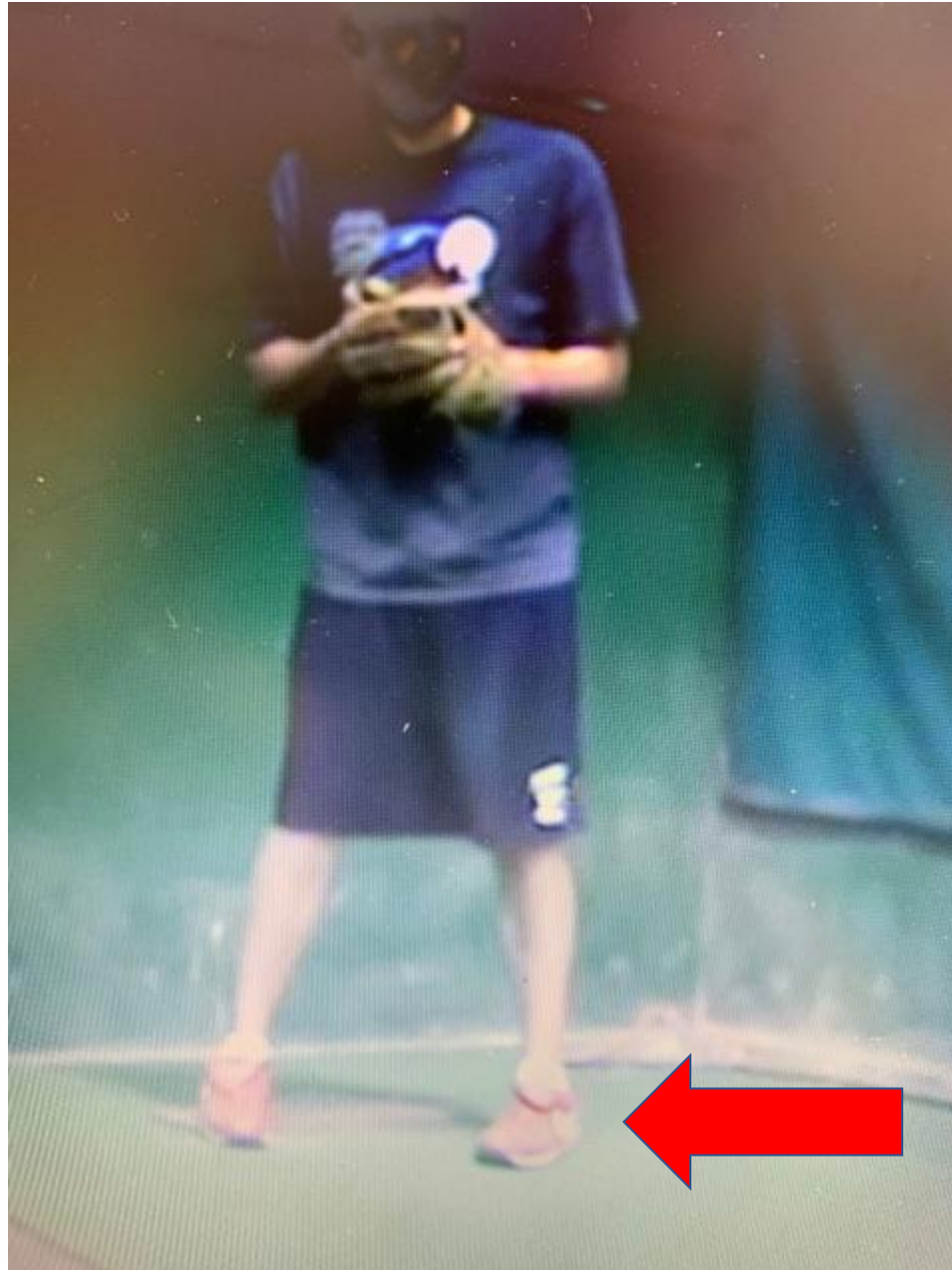
From Stretch

- Back foot pressed against rubber
- Front foot slightly ahead of back foot (heel to toe)
- Shoulder width apart



Rocker Step

- Subtle step forward or back
- Large step changes plane view



Pivot

- Right foot against rubber (R handed pitcher)



Balance Point

- Little bend in back leg (not stiff)
 - Leg kick leg should be “relaxed”
 - Toe point to ground
 - Should be able to balance at this point for 5 seconds
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- DRILL – Have players hold balance point for 10 seconds



Hand Separation

- Hands separate as player kicks out of balance point
- To Power T
- Hands opposite but even (shoulders not tipped too far back or tilted forward)
- Trigger foot against rubber



Release Point

- Glove hand pulled into body
- Feet in line (if hips open or closed can cause arm damage)
- Hips open common mistake for overthrowing
- At release point head should be over front foot (should be able to look down in straight line to front foot)
- Release baseball out FRONT
- FINISH AND FOLLOW THRU
- BECOME A FIELDER (Positioning)

