



PITCHING BASICS

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PITCHING

The two main things a pitcher must do to be successful are to stay healthy and to throw strikes. Below are the most basic keys to proper mechanics for pitchers at every level.

GRIP

If the pitchers hands are big enough, use a 2 finger 4 seam grip. Pitchers with smaller hands may have to use a three finger grip. A 4 seam will be straighter and easier to command. As the pitcher gets older, a 4 seam grip is 3 to 4% harder than a 2 seam grip.

DELIVERY

Set or stretch position. Make sure the back foot is parallel with the pitching rubber. Come set with the feet shoulder width apart. Hands should come set between the letters and the belt with elbows relaxed.

WIND-UP POSITION

Wind-up is simply the set position with a short step and turn that lines up the front shoulder and the front hip with the catcher or target.

LEG LIFT

The Leg lift should be as high as the pitcher can get without losing athletic position or posture. It should be a controlled movement. (Notice: leg LIFT, not kick)

GATHERING SPOT OR BALANCE POINT

At the top of the leg lift when the pitcher has everything gathered is where the pitcher starts his momentum toward the target with the front hip.

STRIDE

When delivering the ball, the front shoulder should stay on the target until the foot strike (when the front foot or lead foot touches the ground) in as straight a line as possible to the target. Most pitchers are slightly closed, hitting on the inside of the foot.

ARM ANGLE

The throwing arm angle should be a natural slot, where the pitcher plays catch from or throws from short stop or outfield positions.

FOLLOW-THROUGH

Should be a controlled finish with weight on both feet in a fielding position.

STRIDE LENGTH

80% to 100% of pitchers height. Eyes and head should stay on target and see the ball at the hitting zone and into the catchers mitt.