

# 7 STEPS TO EFFECTIVE PITCHING MECHANICS

1



## Ready Position

Feet shoulder width apart and the body square to home plate.

2



## Rocker Step

Start momentum by taking a short step back with the glove side foot.

3



## Pivot

Rotate the front foot and place it next to the rubber.

4



## L Position

Transfer weight by bringing the back leg up to 90 degree angle

5



## T-Position

Separate the hands and form a straight line to the batter.

6



## Release

Release the ball in front of the body.

7



## Follow Through

Bring the throwing arm to the opposite knee.