

Pitching Mechanics:

Two Theories: "Tall and Fall" vs. "Drop and Drive"- We tend to use the "tall and fall" method because the mechanics tend to be more consistent. We also believe it is better as far as downward plane is concerned.

Three Phases of Pitching:

Phase I: Start to Balance

- A. glove position-taking signs (Why?)
- B. rocker step
- D. back foot into rubber
- E. balance position
- F. hands are together at or near chest slightly away from the body

Points of emphasis:

- RHs on the right side of the rubber, LHs on the left side of the rubber
- Rocker step is short and back-It is the timing device that gets motion going
- Lift leg is parallel (or close to) ground
- Back foot turns into rubber before pitcher gets to balance
- Front foot should be in relaxed position
- Front foot stays under the knee
- Shoulders and body is hunched slightly forward
- Back leg is flexed, yet firm

Phase II: Balance to Landing

- A. hands break before any forward movement takes place
- B. goal post position
- C. lift leg knee goes to landing point
- D. front foot hits in a straight line to target; toes are slightly closed
- E. arm path goes in "sway" away from the body path

Points of emphasis:

- Head is level and eyes are on target
- "Thumbs down"
- Arm path must get to release position by the time the front foot hits
- Lift leg does not get too high to cause improper balance
- Front foot hits on the balls of the feet rather than the heel
- Arm path is long and fluid-rather than short arm
- Land on flexed front leg

Phase III: Landing to Follow Through

- A. hip and torso rotation
- B. arm gets to release position-arm slot
- C. upper body extends towards the plate
- D. chest gets out over the front leg
- E. glove has turned over to palm up position
- F. back leg lifts up and comes through to second quadrant

Points of emphasis:

- Front elbow leads to get more extension
- Arm slot-elbow is parallel or slightly above the shoulder
- Glove comes slightly back while chest extends into glove.
- "Lazy glove" vs. ready to field position
- Back is parallel to ground after the follow through
- Arm path extends across the front knee
- Keep the head as "quiet" as possible
- Back foot lifts off the ground