

# “Pitching My Way”



It's finally completed! After tons of requests for my own video, “Pitching My Way” is complete.

You've never seen a pitching video quite like this, it's 2 hours and 19 minutes long with 63 chapters!

I share tons of teaching tricks as I cover detailed pitching mechanics, corrections and drills. Brittany Blankenship (right-handed) and Casey Clarke (left-handed) are my student demonstrators. You're sure to be pleased with the amount of detail and information!

Start teaching and training better today!

## Pitching My Way by Rita Lynn Gilman

- Detailed descriptions of the legwork and armwork of the fastball.
- Mechanics of fastpitch softball pitching for beginning and advanced pitchers.
- Demonstrations by a right and left-handed pitcher.
- Analysis of what can go wrong.
- Candid, original tricks for fixing errors.
- Drills for improving hand dexterity, balance, accuracy, and speed as well as demonstrations for many pitching tools.
- Drills that promote muscle memory of correct mechanics and provide instant feedback.
- Alternate, legal windups and deliveries used to deceive the batter.



For sample video clip and for more information on the DVD, go to: [www.ritalynn.com](http://www.ritalynn.com)

You can purchase directly from the website's store!

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Price - \$25.00

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