



Common Problems



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- ◆ (NOTE: as you read the list, remember each butllet is incorrect; some corrections are listed after problem)

1. ARM CIRCLE – keeping the ball in the pitching plane during the entire arm circle is key to good left/right control

- ◆ Arm drops too far behind body & off line during double pump. Forget strikes!
- ◆ Arm goes over head with a bent elbow. (I call it a scared, little circle)
- ◆ Head ducks or tilts as arm goes up. (keep chin up and get taller as arm goes up)
- ◆ Extension of the arm is off the power line resulting in an arm circle that looks off target. (must go up through nose)
- ◆ You can see space between arm and ear at top of circle, and then between arm and hip at release. (brush ear and brush hip)
- ◆ Arm circle has a hitch or hesitation that slows the arm after the upswing; looks jerky. (be smooth and accelerate!)
- ◆ Arm decelerates at release. Yuck! (must be aggressive by hip, ball goes the speed of your hand by your hip)

2. WRIST – a consistent grip and release are keys to good up/down control

- ◆ Pitching hand finishes in a stiff and flat position.
- ◆ Fingers curl into the palm while the wrist is straight.
- ◆ Wrist snaps a little but the ball speed is slow and the spin labors.
- ◆ Hand twists at release so palm is not facing target at release (fastball) creating bad spin.
- ◆ Cocks wrist too early (above head) or does not cock on lower half of downswing.
- ◆ Hand pulls backwards, reversing direction after pushing ball off. Yuck!
- ◆ Elbow snaps (short arms) instead of wrist resulting in loss of speed & accuracy and usually a high pitch.

3. STRIDE – errors caused by even small instabilities in footwork are magnified enormously

- ◆ Stride is too short if it is quick and only about walking distance; stride foot travels low to ground. (height to left leg needed)
- ◆ Stride is passive in nature without aggressive drive forward. (push off hard and drag toe of power leg down power line, never the heel)
- ◆ Stride is too far off power line if more than 3 inches away. (land touching just left of the power line)
- ◆ Stride foot lands pointing at the catcher causing no hip rotation. (land at a strong 45 degree angle)
- ◆ Pitcher walks through the pitch at the end by walking toward the catcher with right/power leg. (**stay behind left leg for resistance, blocking against a firm left side is a critical speed mechanism!!!!!!!!!!**)
- ◆ Illegally leaping – right toe flies into air losing contact with ground while left foot is in air.
- ◆ Illegally crow hopping – right foot skips forward landing on the ball of foot & repushes, looks like a hop (the worst habits to break! Please be smooth!)

4. ROTATION – consistent body orientation is a key first step to learning consistent release of the ball

- ◆ Shoulders and hips stay square with the target throughout the pitch (no rotation). (must open up towards third)
- ◆ Shoulder soreness caused by body staying square, hindering natural arm rotation & straining the shoulder.
- ◆ Stride foot points at the catcher upon landing heel first. (need to land toe-heel at a 45 degree angle)
- ◆ Early rotation occurs on the mound prior to pitch as if coiling the body.
- ◆ Too much rotation; pitcher's motion looks twisty. (way too hard to pitch this way b/c arm drops behind body out of pitching plane, it's inefficient!)
- ◆ Closing rotation is too quick forcing hip to come through simultaneously with the arm. (**hips are open at release! Please teach this correctly!**)

- ◆ Power leg (right) stiffens and stays back never allowing knees to pinch; often causes upper body to lean. (bend rt knee and kick the power leg into stride leg)

5. **BALANCE – balance & stability on the stride foot provide the foundation for good ball control**

- ◆ At release pitcher is tilted to the side as if bowling ☹ Must stop being unstacked since everything else is affected by it!
- ◆ Pitcher is bent at waist and is leaning forward (nose & shoulders leading) with too much weight forward. (get head & shoulders angled back behind ball)
- ◆ Back foot kicks up before release. (keep right toe in contact with ground through release, kick is after release)
- ◆ Left foot twists or heel lifts throwing pitcher off balance to right. (why put yourself at the disadvantage of pitching off balance??)

6. **FOLLOW-THROUGH**

- ◆ A tense arm stops at the hip when releasing the ball and stays there. Even worse, arm pulls back reversing direction. Ouch!
- ◆ Elbow stops at the hip and bends (short-arming), forearm continues until hand touches shoulder. (snap & reach out continuing the circle, elbow past side)
- ◆ Follow-through is forced and tense. (relax after snap and allow arm to come up naturally)
- ◆ Wrist is straight; arm is straight. (must bend wrist to snap properly!)
- ◆ Wrist turns over until palm down & elbow rolls outward in an effort to keep ball low. (Yuck! can hurt arm this way, improper ball rotation)