



## ***Breaking Down the Pitching Motion***



### **A. THE GRIP**

1. 2 or 3 finger grip on ball with tape on it for rotation, fingertips slightly past upper edge of seams
2. ball held across seams on the "C", thumb on seam & on tape across from middle finger
3. ball well out of palm; firm yet relaxed/passive grip

### **B. PRESENTATION OF THE BALL**

1. both feet in contact with pitching rubber slightly less than shoulder-width apart
  - a. ball of right foot in dirt with heel on front of rubber
  - b. toe of left foot barely touches back of rubber, cannot extend beyond side of rubber
2. shoulders & hips facing home plate in closed position
3. hands are separated during signals; hands come together to a complete stop in front of body for 1-10 seconds, adjust grips at this time but be sure to hide ball from 3<sup>rd</sup>-base coach

### **C. BEGINNING THE PITCH**

1. transfer weight from back to front foot to load up power leg, angle right foot at 45 degree & bend knee
2. bend at the waist & lean forward keeping shoulders level, eyes may look down briefly
3. arm motion begins
  - a. two options for beginning:
    - 1) double pump or rocker by dropping pitching arm directly behind you, or
    - 2) single pump - glove and throwing hand stay together and drop downwards to begin circle
  - b. pitching arm fully extends and begins making perfect circle
    - 1) hand is positioned as if holding a cup in front of face, do not cock wrist!
    - 2) arm begins circular path upward going in front of your nose, then brushes bicep on ear
    - 3) arm speed should be increasing throughout motion, especially down from the top of circle
    - 4) glove hand extends out at target to 2 o'clock position ahead of pitching arm's upswing
4. shoulders and hips
  - a. as arm motion begins upward, pitcher begins stride with left leg; ball & left knee come up together
  - b. going straight down the power line, left foot points & goes up and over an imaginary box for height
  - c. as left leg extends, right foot pushes away from mound (ankle extends) and drags on side of big toe keeping contact with the ground; this naturally rotates hips & shoulders to an open position (facing 3<sup>rd</sup>)
  - d. left foot should land toe-heel, at a 45 degree angle and touching the power line to the left
  - e. do not lean!!! shoulders stay above hips, never in front of them; nose is up being "snotty"
  - f. get left hip out front, landing with right shoulder slightly behind right hip as arm passes ear
  - g. left leg bends upon landing to absorb shock, it then straightens for resistance; should be solid & firm, but knee should not be locked
5. at top of arm circle
  - a. palm and thumb naturally rotate open towards third- thumb will be in 6 o'clock position under ball, do not cock wrist!
  - b. shoulder will also rotate open naturally; do not over-open as arm will drop awkwardly behind body
  - c. arm should be fully extended with ball above shoulder, brushing by right ear
  - d. arm must have passed the ear and be on the way down (around 1:00) when the left foot lands

### **D. THE RELEASE POINT**

1. wrist should be cocked in preparation for violent snap
2. release position is in line with thigh of right leg and above the power line
3. arm is fully extended but not locked at release
4. ARM WHIP: as upper forearm brushes front of right hip, thumb comes off and the cocked wrist snaps **violently** forward so back of hand is at target; **snap & reach out with elbow up**
5. left leg is firmly planted and knee straightens; foot doesn't move nor twist
6. keeping weight on inside of left foot, body is perfectly stacked and angled backwards from left foot
7. make a **figure four**: right leg must bend as toe kicks forward & to the left as the knees pinch, do not touch nor wrap feet!
8. hips may close only to a 45 degree angle as arm has passes the right hip; **DO NOT SLAM HIPS SHUT WITH THE BALL!**
9. shoulders and feet begin to square to home plate to get into fielding position

### **E. FOLLOW-THROUGH**

1. Only after the ball is gone, hips may close naturally into a squared position; **do not force hips to close!**
2. After Figure 4, end by placing right foot under you & stay behind left leg!
3. after wrist snap, right arm should finish in line to target, up away from body, elbow up pointing at target
4. knees slightly bent, pitcher should be ready to field ball with glove protecting face