

Pitching Mechanics

The two keys

1. Hang on to the baseball as long as possible.
2. Firm front side – glove out in front on follow-through.

Stance

1. Elbows relaxed and close the body.
2. Weight over pivot foot.
3. Ball hidden from batter and base coaches.
4. Eyes visualizing path of the ball to the target.
5. Small rocker step.
6. Proper pivot.
7. **Lift** to balance. (Don't swing your leg)

Balance Position

1. Weight over back leg.
2. Eyes focus on target.
3. Knee at highest point.
4. **Break hands early** thumbs under.

Stride

1. Glove to target, throwing hand back (fingers on top of ball).
2. Postural stabilization (eyes/head stay at consistent level).
3. Stride – **foot down and out**. No leg swing!
4. Stride with the foot slightly closed – shoulders aligned with target.
5. Flex T position at foot strike.
6. Glove to target.

Rotation

1. Transfer weight from ball of the pivot foot to the ball of the stride foot.
2. **Rotate late**. (Stride – glide – rotate late)
3. Keep shoulder closed as long as possible before rotating.
4. Nose and chin to target.

Follow-Through

1. **Firm front side**.
2. Head to target
3. **Hang on to the ball** as long as possible (Aggressive finish).
4. Chest over stride knee.
5. Bend back forward – think parallel.