

## Complete Hip Rotation

How often do you see a very young Pitcher throw the ball and his back leg just stays attached to the rubber?

- The hip rotation in conjunction with the back toe rotation is an important part of the pitching mechanics as well as a way to protect the arm from injury.
- Hips need to completely rotate so that they are now square to home plate. Any lack of hip rotation will take away from speed of pitch and possibly accuracy if rotation is inconsistent.
- The Back foot (ball of foot) will Push off the rubber and drag initially, then roll over to the toe which allows the hips to fully rotate to square at release of baseball.