

Hand Separation:

- As soon as you start moving forward toward home plate, the hands should separate. This is an important timing mechanism, we need to watch for hand separation too early (during the leg lift) or too late (after the stride is in process).

This can be debated and I can find plenty of people who say the hands should separate before you start to the plate (I was taught this way - balance point philosophy) and plenty who would say it is later (during the stride - momentum philosophy).

My own experience is that it always felt ridiculous to do it so early. I think you could teach very young kids this and be fine but I would not teach it to kids after they are 9 years old.

- ❖ My coaching experience tells me that when I have tried to teach this with kids 9 and older, they become very robotic in their delivery and I don't like that. There is a lack of rhythm and flow to the delivery that does the player an injustice.
- ❖ I also think that to separate during the stride (or late separation) has some merits but the timing of such a delivery is much more difficult for young pitchers to master.

I like as soon as you start moving forward - plenty of time to stride and get into the equal and opposite throwing position at foot strike.

- At separation, the arm will drop and then rise to throwing position in a nice elongated "Nike Swoosh".
- The thumbs on both hands should point down and then lift to throwing position.

Try to avoid Pitchers elevating the ball into throwing position by leading with the elbow or baseball - history tells us that this is bad for the arm (shoulder) in the long run.

- The arm should elevate the ball to throwing position, fingers on top of ball and ball facing away from home plate towards the SS or Second Base.
- At foot strike the arm is in this throwing position, if the pitcher looked back, he should see a peace sign with his fingers on the ball (try to decrease the gap between pointer and middle fingers as pitchers get older for better velocity).