

## Leg Lift:

Most kids will just lift the leg straight up (extend the leg up and lose the bend in back leg) which changes our posture and then fall toward home plate - energy going down, not toward home plate.

Another immediate problem is that pitchers will want to bend the back knee more than what was developed in Proper Posture when they lift the front leg - again, energy now going down, not toward home plate (players who sit on this back leg for a long time may have energy going up as well when they try to go to home plate - high pitches, inconsistent release point).

- We want to emphasize that we are going to lift the front knee over the back knee, keeping our posture (back leg slight bend) and lead with the front hip toward home plate.
  - Lift Front Knee over the back knee.
  - Maintain slight bend in back leg (Proper Posture to leg strike)
  - Foot (on lift leg) will be directly under the Knee (not inside or extended straight out)
  - We do not want a lot of shoulder turn ("Show them your numbers"), the closed start and getting Knee over Knee is all we need.
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- ❖ Emphasize it is a simple leg lift while maintaining your posture. It is not a leg kick or any other exaggerated motion that will cause the upper body to sway backwards, forwards or the shoulders to rotate.
  - ❖ Keep the same posture that was initially developed at the start, through to leg strike (landing after leg lift and stride).