

PITCHING FUNDAMENTALS: THE BASICS

Start by teaching from the Feet to the Finger tips.

Start by teaching the fundamentals from the Stretch Position.

Overall Goal is to have all our momentum going in one direction - straight toward home plate. Throughout the delivery, we want to avoid Momentum and balance going back, left or right.

We need to be able to find and repeat the Correct Posture to start, this will help ensure proper balance and direction of momentum.

Start with the Feet:

- Feet placement: put both feet together and put the groove (the arch) of your front foot into the ball of your back foot. The feet should come together much like a puzzle piece. This is the alignment toward Home that we want (slightly closed position) with the front foot extending slightly out past the back foot.
- Next, move your front foot out to armpit or shoulder length apart and move your back heel about an inch away from contact with the rubber (the ball of your foot maintains contact with the rubber)
- This is your starting position for your feet. Do not go wider - when you bring front foot up into leg lift, you can easily lose balance.

5 Keys to Correct Posture:

1. Start in a balanced position:

- Weight is not back or forward, it is centered.
- Start in a slightly closed position and end in a slightly closed position at foot strike (landing after leg lift and stride). Note that this is a slight closed position, too closed and too open are both undesirable.

2. Slightly bend both knees:

- If Straight legs: leg lift can cause upper body to lean back and off balance and pitcher has a tendency to fall toward home plate - if you fall your momentum is going down toward the ground rather than straight to home plate. With Straight legs: Tendency for pitcher to radically bend back leg as momentum is trying to go forward, this produces momentum up and out of "sit position" or down into ground again - rather than straight toward home plate.

3. Ball and Glove in middle of body:

- By the middle we mean at the spine. Ball and Glove can be high, middle, or low.
- If on leg lift the glove moves up or down (which is fine) we want to maintain the Ball and Glove at the spine.

4. Shoulders should be slightly closed:

- The Shoulders should match the feet in the amount of closed.
- Shoulders are relaxed
- Weight on the balls of our feet but feet remain flat to the ground.
- Check weight by gently pushing to make sure weight is not on heels causing player to fall of balance.

5. Chin is over front shoulder:

Pitcher should now be in Correct Posture to ensure balance and momentum going straight toward home plate.

- Key now is to maintain this posture to foot strike (landing after leg lift and stride)