

## Stride:

- We want to lead with the front hip, not the foot or knee and "throw" our front leg toward home with our hip.
- Don't try to reach or take a big step toward home plate, we want the front hip to lead and then help throw our front leg toward home in a closed position for as long as possible.
  - ❖ Imagine a brick wall directly in front of the Pitcher as he gets into a good leg lift position. As the pitcher initiates his stride to the plate, we want the front hip to make contact with that brick wall first and not the front knee or foot.
  - ❖ We want this to be an explosion of the front hip through the brick wall - we have not opened the hips yet, we are still in our Correct Posture.
- At foot strike the front foot will open but the front foot should stay closed until the last moment of landing.
- Ideally, we would like the Stride to be 90-100% of a player's height. This will develop momentum and help develop speed.
- Ideally, the Heel and Ball of Foot will land at the same time with the Ball taking most of the impact.
- Keep your head over your belly button during the stride. Do not let the head lean back or lean forward during the stride - keep your Proper Posture to foot strike.
- As soon as our momentum starts to go forward toward Home Plate (not before or after), we will separate our hands. Think "Thumbs Down" and then lift to throwing position.