

The Release Point - Get to the "Brick Wall"

At foot strike, imagine there is brick wall extending up from just in front of a Pitcher's front foot.

- A Pitcher's chest needs to get to this brick wall at release of the baseball but do not smack into the wall with your head.
- Remember that back foot is still on ground at release of baseball. If the foot comes up off the ground at release of baseball a Pitcher is going to use more of his arm to throw rather than his legs and lose velocity.
- By getting to the "Brick Wall" or your front foot at release of the baseball, you are also shortening the distance from which you are throwing. This can be a big factor when looking at Actual Velocity versus Perceived Velocity.

Some players will also go past the "Brick Wall" when releasing the baseball - meaning they really bend over with their upper body at release. When a Pitcher does this, their arm tends to drag behind them and thus slows down at release point - cheating them of velocity.

- Thus, it is important to find this middle ground out to the front foot (Brick Wall) and work with pitchers at release to be sure they are not behind or in front of this ideal release point to maximize velocity.

Many coaches have taught Pitchers to get their chest over the front knee at release and this tends to get a Pitcher (that really listens to us) to bend over and drop the chest over the front knee. We may be costing a Pitcher velocity, both Actual and Perceived.

- A better way to describe it may be to "Get your head out over your front foot" at release.

We want to look over that wall but we do not want to knock it down with our Head and Chest.

- By finishing with your Head out over your front foot, you also maintain your center of gravity and posture - leading to better balance, more consistent release point and control.

Below Left: Need to work on longer stride and glove pulling to arm pit a little too much, good hip rotation.

Below Right: Nice finish out over front foot (looking over the wall and not knocking it down with head and chest).

