

Little League Pitching Mechanics - Simple Instructions For Little League Pitchers

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The goal for any Little League coach or parent is to keep the game simple and fun for their young pitcher(s). That's what we're aiming to do with this lesson on Little League pitching mechanics.

Starting Position

- a. Right hand pitcher starts on right side of rubber, left hand pitcher starts on left side of rubber
- b. When toeing the rubber make sure heels are on the rubber and toes are on the dirt, be balanced
- c. Feet should be inside your shoulders
- d. Both hands in glove
- e. Top of glove just below chin with back of glove facing target
- f. Elbows relaxed against stomach
- g. Slight bend in knees (comfortable position)

Little League Pitching From The Full Wind Up (Right Hand Pitcher)

Step 1 - Rocker Step Back

- a. Rock left foot straight back on ball of foot
- b. Keep chin over pivot foot

Step 2 - Pivot And Turn Your Hips

- a. Turn right pivot foot in front of rubber
- b. Turn upper body so front shoulder facing target
- c. Glove should be six inches off chest

Step 3 - Balance (But Don't Stop!)

- a. Lift knee to belt with foot at 90 degree angle and toe down but don't stop here, keep moving
- b. Weight should be even on back foot
- c. Stay up right don't sink on back foot

Step 4 - Break And Stride

- a. Take ball out of glove break thumbs down and away from each other towards thighs
- b. Slightly collapse back leg to keep weight back
- c. Bring heel into body then out towards target (this keeps front hip closed)
- d. Stride towards home plate with heel, inside of big toe should hit ground first at 1 o'clock
- e. Hands should spread into POWER T position with glove down elbow pointing at target
- f. Ball in hand should come out of glove down with fingers on top (knuckles to sky) and rotate up giving high five to centerfield or reaching to the sky

Step 5 - Tuck And Throw

- a. Front elbow drives down into hip
- b. Glove tucks
- c. Back hip rotates towards home plate
- d. Throwing elbow stays high
- e. Fingers stay on top
- f. At release body stays behind the ball pushing ball with body
- g. Wrist snaps down and through
- h. Arm continues to follow through until back of shoulder faces target
- i. Back heel goes up towards sky then rotates over and parallel to the stride leg
- j. Into ready fielding stance

Little League Pitching From The Stretch

- a. Stand with right foot against rubber feet about six inches apart
- b. Ball in glove against chest
- c. Throwing hand in glove
- d. When ready pick up left knee start at #3 position

Drills For Little League Pitchers

One knee drill - start with hands in glove rotate shoulders, hand out of glove point elbow (power T), fingers to sky, lead with heel, tuck elbow/glove follow through thumb to thigh.

Straddle throw drill - Feet parallel outside of shoulders, shoulder facing target, hands in glove, hand out of glove point elbow (power T), fingers to sky, lead with heel, tuck elbow/glove follow through thumb to thigh.

Cement throw drill - Feet slightly outside shoulders, chest facing target, hands in glove rotate shoulders, hand out of glove point elbow (power T), fingers to sky, lead with heel, tuck elbow/glove follow through thumb to thigh. Keep feet planted

Balance position drill - Start from balance position (Step 3) hands in glove shoulder facing target, hand out of glove point elbow (power T), fingers to sky, tuck elbow/glove follow through thumb to thigh.

* Stay balanced and smooth

* Don't rush delivery

* Keep eye on target

One final note: When throwing the fastball, hold the baseball with two fingers with horseshoe facing first base side so four seams will rotate when ball is released.