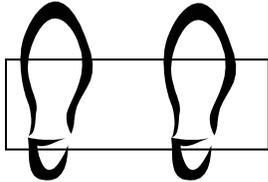


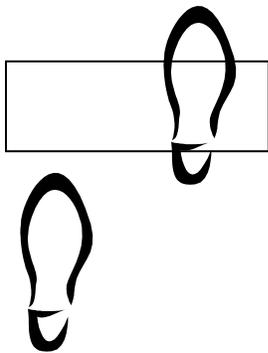
# Basic Pitching Mechanics

## 6 Step Drill



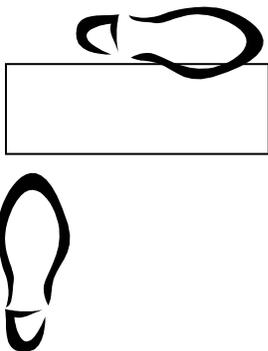
Step 1 – Both feet facing home plate, on top of rubber. Relaxed and balanced stance, ball gripped in pitching hand inside glove.

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Step 2 – Step back off the rubber with glove side foot.

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Step 3 – Rotate foot on pitching hand side 90 degrees, parallel with and in contact with the rubber.

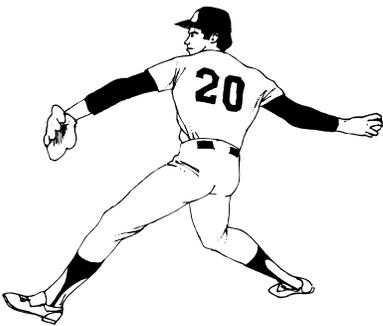
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Step 4 – Lift glove side foot so the knee is parallel to the ground, facing the same direction as the opposite foot. Maintain balance for a count of two.



At step 4 have the pitcher point the elbow or glove directly at the plate. Draw an imaginary line from the top of the shoulder to the elbow or glove. It should point to the plate.



During the two count the pitcher extends both arms out in opposite directions. The glove at home plate, the pitching arm 180 degrees out, both with the palms down.



Step 5 – The glove side foot should land extended toward the plate as the ball is delivered over the top.





Step 6 – Pitcher rotates the upper body parallel to the rubber rapidly bringing glove elbow back. The pitcher's feet should both be toward plate and the pitcher should be in a fielding position.



Keys to successful pitching include good balance and a relaxed pitcher. Keys to successful coaching include patience, positive encouragement and the “keep it simple” method.

Don't try to change too much or teach too much in one day. Keep lessons reasonably short. Start younger, less experienced pitchers out with steps 1-4 only. Focus on holding the balance for a count of 5. Do this until you feel they can comfortably hold at that point.

When they're ready have them throw “from the stretch” using steps 4-6. At this point stress the alignment with the shoulder and elbow to the plate. Encourage them to just relax and play catch.

Pitches drifting left or right are most likely a result of a lack of balance, mis-alignment of the shoulder and elbow to the plate, tense muscles and/or the pitcher aiming the ball instead of using a natural throwing motion.

Pitches slightly too high or low are most likely the result of position of the non-throwing elbow. Slight adjustments can be made by lowering the elbow to bring the pitch down or vice versa. Very high or low pitches can result from releasing the ball too early or late. At this point, velocity is not important. Encourage pitchers to work on location then speed.

Once your pitcher has mastered both halves of the drill he or she is ready to put them both together. If they do not extend the pitching arm far enough behind them you can help. Have them reach back at that point in the drill and grab the ball from you. You can step further back to force them to reach further while maintaining balance.

## **Other coaching tips –**

Break down into small groups to drill focusing on fundamentals (you'll need coaches).

Keep drills short and simple

Aside from a muscle warm ups, stretching and a good arm warm-up, change the drills from practice to practice.

Discuss defensive positioning and strategy. Don't just hit to fielders give them scenarios so they can learn their roles for different plays.

Make sure your players are having fun. Finish with their favorite activities such as batting practice. Throw a competitive element into batting practice by breaking down into mini teams.

Always finish by encouraging both winning and losing sides and bring the team back together for a team huddle/cheer.

You can use reference material to learn more about good drills. The younger your players are, the simpler your approach should be to the game.