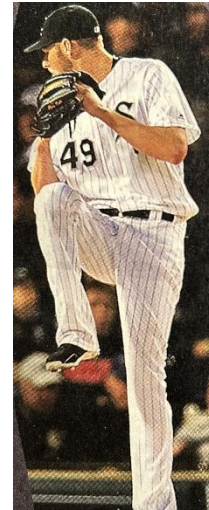




Basic Pitching Mechanics



- As you wind-up, be sure to come to a good balance point on the rubber (like a “flamingo”) to maximize momentum toward the plate. Remember, don’t rush your upper body.
- Good direction is key. Be sure that shoulders and hips are both moving toward your target. Avoid “flying open”.
- After hand separation, push off of back foot but transfer weight smoothly. Keep shoulders level.
- Lead foot should land softly, be pointing toward the target and be in line with the rubber and home plate. This assures a balanced landing and a good transition into a proper fielding position.
- As you release the ball, your upper body should follow all the way through – ending with your glove tucked against your chest, a flat back and a high trailing leg in order to effectively “finish the pitch”. Be sure to maximize your arm extension.



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