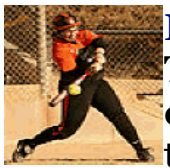
## THE DRIVE OFF THE PITCHING RUBBER…"EXPLODE" -

**Similar to a sprinter coming off the starting blocks, it is the speed of a pitcher's drive off he rubber that lays the groundwork for a fast pitch. Although many pitchers are told to focus on the <u>length</u> of their stride, explosive <u>speed</u> is essential. A pitcher needs to feel that she has a "spring" in her pushoff leg, so when she transfers her weight and leans into the pitch, she can drive <u>fast</u> off the rubber.**

## "REACH BACK" THROUGH THE DOWNSWING –

**Many pitchers make a larger arm circle by reaching back (toward 2nd base) as they reach the "open trunk" halfway point in their arm rotation. As seen here, it is common for a pitcher to actually tilt her upper body backwards and reach back toward 2nd base to get a larger, better "whip" of her arm down through the release of the pitch.**



## FINISH TALL WITH GOOD PUSHBACK RESISTANCE –

**The same resistance that a hitter gets from her front leg at the point of contact, a pitcher needs to "set up a wall" and use her stride leg as the resistance for the final downswing into the release of a pitch. At the release point the pitcher's:**
**(1) landing leg is straight at a 15 to 25 degree angle, (2) upper body is erect, and (3) well back from the front foot, (4) shoulders are three-fourths (or less) closed, and (5) hips are halfway (or less) closed.**

**The most common mechanics elements in virtually all experienced, high-speed pitchers are:**

**(1) Good body lean and low explosive push off to get a fast drive off the rubber**
**(2) An extra "reach back – weight back" effort she puts into her downswing**
**(3) Getting "strong front wall" resistance from her landing leg, and finishing tall**