

The Basics of Pitching

Mechanics

Balance Point

- **Lift* to get to the balance point
- *Should be at least to 90 degrees
- *Head and chin should stay over your pivot/posting leg

Separation and Landing

- *After you hit your “balance point”, *get the ball out of your glove* (“hand separation”)
- *Arm action should be long and loose (“thumb to thigh, ball to sky”)
- *Glide to landing (“down and out”) and land slightly closed on the ball of your front foot
- *Front-side direction (front foot, glove, and eyes simultaneously go to the target)
- *Angles of elbow/wrist in front arm should be the same as in the back arm (“opposite and equal”)

Acceleration toward the plate

- *Squeeze and swivel glove
- **Firm front side* (Glove stays fixed at the target as long as possible)
- *Take your chest to your glove

Extension and finish

- *Release the ball in front of your stride foot
- *Momentum directly at the catcher (DO NOT fall off to the side)
- *Back foot is pulled/ripped off the rubber
- **Flat back, heel to sky*
- *Eyes stay fixed on the target

Pitches

Speeds, spins, and locations. Remember that pitching is all about disrupting timing. At the youth level, you should attempt to master three pitches: 1) Four-seam fastball 2) Two-seam fastball 3) Circle change-up. If you can locate these three pitches, you can dominate. Finally, remember that the key to mastering different pitches is learning to change *the position/angle of your hand as you release the ball* (Right to left: Curve-ball, slider, cutter, fastball, sinker, change).