

# Pitching - Mechanics

## Feet

- ☆ Right heel in front of left toe
- ☆ 2 feet on mound

## Set

- ☆ Hands separate
- ☆ Weight on front leg
- ☆ Come set

## Start

- ☆ Rocker with Grove
  1. @ stomach
  2. by hip to hide ball
  3. going back also
- ☆ Straight out of glove
- ☆ Slap glove on leg
  1. Glove and ball pt. to catcher
  2. Step on line to catcher with foot slightly turn 45 degrees
  3. Shoulders and hip turn (big arm circle)
    - a. glove points to catcher
  4. Pull glove down while arm comes thru for power and speed
  5. Release
    - ☆ Snap
    - ☆ Right leg drags behind left leg
  6. Follow thru
    - ☆ up by chest not out in front
    - ☆ foot come back to ready position
    - ☆ hips come thru

## Pitches

- ☆ Drop
    1. Grip on horseshoe seams- fingers spread
    2. 4 seam
    3. Split - pointer and middle finger together
      - ☆ weight on front leg
      - ☆ release under belly button
- Release:
1. Peel- roll off tips
  2. Roll- let go & roll fingers over to left leg

## Change

1. Flip Change- 4 seam - back of hand facing catcher
2. Circle- pointer make circle with thumb
3. Dead Hand - flat in palm and push
4. Off Speed Drop- 4 fingers together with pointer tucked - throw like roll ball

## Rise Wt. Back - 2 seam

- ☆ Elbow in
- ☆ Pinky facing catcher
- ☆ Fingers under ball \*\*
- ☆ pointer leaves ball last
- ☆ follow- thru to right shoulder

## Screw

- ☆ Step open

## Drill

- ☆ Walk-ins
- ☆ Without ball/ drive with legs to get to "X" spot

## ☆Speed

1. with stride done
2. walk ins
3. run ins
4. arm speed
5. wrist snap
6. leg drive

## ☆Long toss