

Combat Your Pitching Obstacles

PITCHING PHASES

Use this pitching guide to help you identify and address some of your pitching obstacles at every phase.

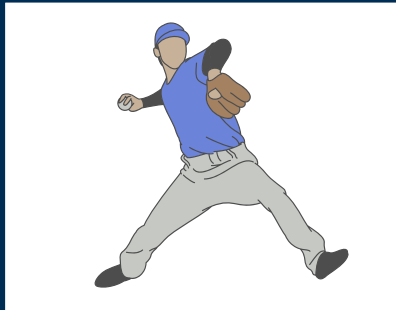
Balance Point



Maintain stability and balance with a slight lean forward.

The balance point isn't a static position but rather a dynamic moment of controlled movement.

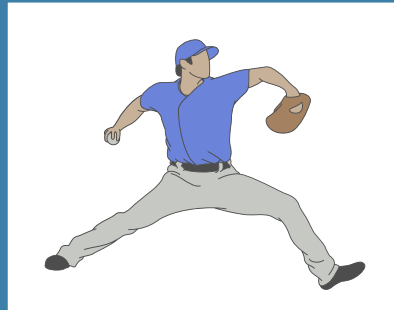
Drive Home



In this phase, the pitcher harnesses the momentum generated from the balance point and begins the forward propulsion toward the plate.

Your front side arm, hips, and shoulders must work together.

Foot Touch



As you transition from the *drive home* phase, the *first touch* marks the moment when your front foot makes contact with the ground.

Use your momentum and back leg to push yourself far enough forward.

Weight Transfer



In this phase, you shift your weight from the back leg into the front leg.

Use your created momentum, leg drive, and slope of the mound to aid in creating a long stride. Plant your foot into the ground before transferring your weight.

Finish



This is the final phase of the pitch and where the pitcher harnesses the momentum built up in the previous phases to deliver an effective pitch.

Focus on executing a powerful release while maintaining balance and control.

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PITCHING OBSTACLES

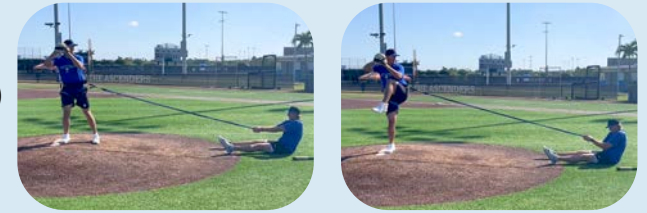
BALANCE POINT: UNSTABLE BEGINNINGS

The pitcher either hangs too far back in this position, causing a delay in momentum or starts falling forward and down the mound too quickly as he lifts his leg.



DRILL: BANDED TENSION DRILLS

(from the front)



(from the back)



DRIVE HOME: LOSS OF CONNECTION

The pitcher's back foot disengages from the pitching rubber too early in the delivery. Instead of being a strong "anchor" and creating a path for the energy to travel, the back collapses, drags, and creates instability.



DRILL: ROCKER - NO FOOT RELEASE

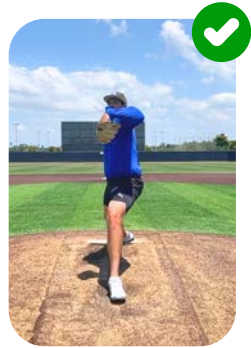


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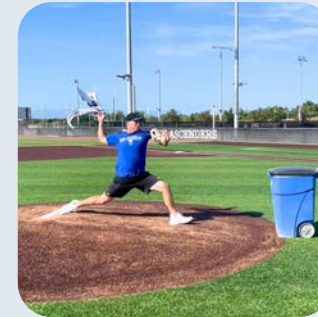
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FIRST TOUCH: FLYING OPEN

The pitcher's upper half rotates too early in the delivery. The upper half should stay closed until after the hips open up to deliver the pitch.

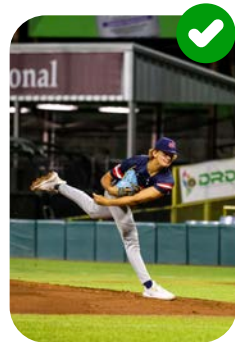


DRILL: TOWEL DRILL WITH TARGET



WEIGHT TRANSFER: COLAPSING THE FRONT KNEE

The pitcher fails to brace the front knee and collapses into the front knee.



DRILL: ONE KNEE MED BALL SLAMS

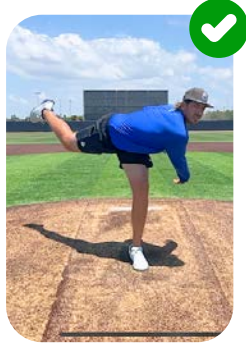


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FINISH: FALLING OFF

The pitcher loses balance and direction at the end of the pitch. This is usually a by-product of something else going wrong earlier in the pitch.



DRILL: ONE-LEGGED MED BALL SLAMS



SAFETY FIRST!

Remember that as a pitcher, you're putting a lot of strain on your body, especially your pitching arm. If your pitching mechanics are even slightly off, the impact on your body really starts to add up.

If you want a long baseball career, keeping yourself safe and injury-free is important!