TEACHING THE MECHANICS OF PITCHING/THROWING

❖ Teach one thing at a time - make sure players understand what you are saying before you move on - ask lots of questions

❖ Whenever possible use video to help explain what players look like before you attempt to make adjustments – Use mobile apps to help show what you are seeing - JC Video, HUDL, Powerchalk.com, Coach’s Eye -

5 ASPECTS OF THROWING

• **Beginning/Core Balance**
  o Keep the body strong and stable at the start of the leg kick to balance point

• **Moving Balance**
  o Maintain stability so the head and shoulders stay over the hips and the pitcher’s posture remains athletic, strong, and on target

• **Equal and Opposite**
  o Create a rhythmic and synchronized arm swing; extending the arms at the same time, in the same motion, with the elbows matching up in the exact identical position at foot strike

• **Hip and Shoulder Separation**
  o The legs and the hips are the driving force behind power and explosiveness to the plate. If the hips cannot separate from the shoulders no torque can be created to rotate the shoulders around to externally rotate the throwing arm providing whip in the throwing motion

• **Firm Glove Side**
  o The glove hand upon foot strike should be stabilized and strong in front of the chest so that both arms can work together to create a strong and natural arm slot at release. (Do you ever wonder why players drop their elbow when they throw?? A weak glove side or a pulling glove side also pulls the throwing arm down upon release.)
**THROWING DRILLS**

**Double Arm Throws (No Glove)** — Feet s/w apart / Start with a ball in each hand placed together up in front of face / in one motion pull back with both elbows and separate the hands / throw both balls toward target / keep knees bent and bend at waist during follow through / head should remain over hips

**Single Arm Throws (w/Glove)** — Feet s/w apart / Ball in throwing hand / in one motion pull back with both elbows and spread out the hands and throw the ball toward target / glove hand should finish closed and firmly in front of the chest / keep the head straight and throw ball to target / follow through with chest pulling down to the front knee and the back leg lifting up after the ball has been released.

**Torque Drill (Shoulders Square)** — Feet s/w apart / Ball in throwing hand / place ball in glove / turn shoulders to throwing arm side / separate the arms ending up in a Flex-T pos. / elbows should be shoulder height and hands turned out / squeeze and swivel glove / throw ball to target / head should remain over hips / keep knees bent and bend at waist during follow through

**Knee Drill** — Kneel down on both knees / turn glove hand shoulder to target / separate the arms in to the Flex-T pos. / close and swivel glove hand / throw / land on throwing hand / make sure head remains over belly button

**Flex – T** — Feet s/w apart / Elbows shoulder height / Hands equal and opposite / Shift weight back foot to front foot / pivot back foot / squeeze and swivel glove hand / throw / place chest on knee / keep back foot planted

**Torque Drill (Release Point)** Step forward with glove hand foot / glove closed firmly in front of chest / ball in hand at release point / starting with the shoulders over the front foot / with the feet pointing forward pull the throwing arm back ending up in the Flex-T position / once the elbows point to target close and swivel the glove hand and throw ball / the head should remain over hips / keep the front knee bent and the back foot remains on the ground