

Kerrisdale Little League

Pitching basics



Pitching from the Stretch/Set position

- When coming set feet should be about shoulder width apart
- Feet should be parallel to each other
- Back foot should be flat on the ground in front of the rubber
- Hands should be stationary in the mid line of the body between the chest and the belt
- Traditionally right-handed pitchers throw off the right side of the pitching rubber and left-handed pitchers throw off the left side.





- Leg kick should be about waist high
- Leg kick can be higher than waist once good balance is established and if the high leg kick can be done without affecting alignment
- Knee should go back towards the belly button to keep hips closed
- Should be about a ninety degree angle at knee allowing foot to hang right below the knee
- Knee is to be picked up, knee should not swing up to position
- If knee swings up to position it can cause the back to come out of alignment
- Knee follows the position of up down and out towards home plate





- Hands begin to break as knee starts to come down
- Hips and shoulders stay closed and front shoulder and hip drive towards plate
- Leg drive from back foot and big toe/inside part of foot towards home plate
- Do not dip on back leg stay tall and use height to your advantage
- Hands break as knee is starting to come down

- Front shoulder drives towards home plate
- Inside palm of glove should be facing catcher
- Elbow should be at about a 45 degree angle having you glove hand elbow point towards home plate
- Glove and shoulder aim towards target
- Glove hand should sweep forward and up from hand separation to shoulder height





- Front foot should land pointing to the target or slightly closed
- Should land on the ball of your foot

- Power position
- Weight should be distributed equally between both feet.
- Head should be right over the mid line.
- Elbows and shoulder should be in equal and opposite position having both shoulders and both elbows aligned in straight line
- Throwing elbow is at 90 angle level with throwing shoulder





- Rotation of the trunk towards home plate keeping shoulders level
- Drive off of back leg should drive head and chest out towards glove
- Glove stays in front of body and at chest height
- Glove is not pulled back towards body

- At release head and shoulders should be perpendicular to ground and eyes should be locked on the target
- Glove still remains up by chest as body drives out towards it





- Arm should follow through and finish down by opposite knee
- Glove is still positioned up by chest in front of the glove hand shoulder

- Drive off of back foot should bring foot up and off the rubber just after release
- Back leg should come through and finish on the ground parallel to other foot
- Back should bend on follow through taking stress of the rotator cuff using entire body to slow down the arm not just the small muscles of the rotator cuff

