



For this age group there is only 1 type of pitch – the “Fast Pitch”. The grip for this is 4 finders all on the seam with the thumb below.



The way the ball should come off is like if you have money in your hand and someone goes to grab it you close your hand. This is the motion of how the ball is released.



Spin practice. Start feet apart. Throwing hand is just snapping the ball to focus on the spin and release. Do 20 reps of this.



Follow through of hand should show snap with fingers closed and wrist up.



Next start with the throwing arm at shoulder height and glove arm pointing at catcher. Practice the snap release. Notice that ball is facing away and out. Do 20 reps.



Next start with the throwing arm above head and glove arm pointing at catcher. Practice the snap release. Notice that the ball is facing away. Do 20 reps.



Next is to practice all motions together. Both feet must be on the pitcher's mound to start. Throwing side foot should be at the front of the mound with the heel touching and the ball of the foot on the shale. The glove side foot should be on the back of the mound with the heel on the shale and the ball on the mound. Weight is either equal or on the back leg to start. When the pitcher comes to the mound the ball must either be in the glove or in the throwing hand. **BUT HANDS MUST be separated.**



When you put your hands together you must start your sequence.



First motion is to come off the mound in a "superman" position. This drives your arms out and then up. In this position the weight has transferred to the front leg beginning to push off the mound facing the catcher.



Second motion is to “kick the bad guy”  
 Notice that the body has turned, weight has shifted to the back leg and ball is facing out and away. Glove arm is pointing towards catcher



Third motion is to get in a “K” position.  
 Notice that the body is now in the same position we were in when practicing (above). Weight is still on back leg but other foot is coming down and ball is still facing out and away. Glove arm is pointed at catcher.



Fourth motion is to get in a “Scarecrow” position.  
 Notice that the body is now in the same position we were in when practicing (above). Weight is balanced and ball is still facing out and away and coming around. Glove arm is pointed at catcher.



Fifth motion is to get in a “I” position.  
 Weight has shifted to front foot and the back foot has made a “c” in the shale by dragging to back of front foot. Notice that the body is still facing out with the pitch is made and front foot is at a 45 degree angle. The wrist is snapped and comes up to the opposite shoulder.  
 Practice full motions 20 times. If not getting “near” the strike zone, go back to beginning and repeat.