



Basic Pitching Steps

Coaching Tips And What To Look For

Step 1 : Starting Point



- **Athletic balanced stance.**
- **Start tall.**
- **Hands in front at a comfortable position.**

Step 2 : Leg Lift



- **Balanced stance.**
- **Staying tall.**
- **Hands in the same spot as starting position.**
- **Lifting leg makes a 90 degree angle at the top position, toe pointed down.**
- **To get to this point, pitcher will do a **down and out motion** for the stride. Foot goes straight down to the ground without touching the ground the leg goes out to a long stride.**
- **The reason for the down and out is to **keep the weight back.****

Step 3 : Power Position



- **When the legs starts to go down to stride, the hands separate down to start throwing motion.. Same time.**
- **After the hands separate down, they do a circle motion to this position in the image.**
- **Weight is centered**
- **Important Check Point *Back elbow is level to above throwing shoulder. Hand pointed backwards * Front glove arm is strong, elbow pointed to target.**
- **Staying tall**

Next it the start of rotation of the lower body.

Step 4 : Rotation Of Lower Body



- **Still staying tall**
- **Eyes never leave target**
- **Rotation starts with the back hip**
- **Hips/Chest rotate to face the target**
- **Back foot to rotate (squish the bug)**
- **For the arms, **throwing arm stays above shoulder, not letting the elbow get low.** Front arm (glove) rotates to be in front of the body. (This keeps the pitcher balanced)**

Step 5 : Finish / Follow Through



they are throwing to.

- From Step 4 to Step 5, the pitcher will start throwing arm to target.
- Pitcher will need to **reach to the target** for their release point.
- Chest will go to the glove in front of the body. Glove needs to stay there during this step to keep the balance.
- Pitcher needs to finish to the ground.
- The back leg will follow.
- **Never let the pitcher stop their arm, just let it finish on its own.** This could cause shoulder problems.

Throughout the full pitch, the eyes never leave the target, we stay tall until the reach and finish. Pitcher is always on line with the target which