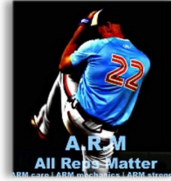


ARM



All Reps Matter

Pitching Mechanics

Having an open mind and a willingness to try new things is a must for pitchers to reach new barriers. I've always said try to make the uncomfortable feel comfortable. Good athletes make positive adjustments to become better and get at their sport. Great athletes make positive, technical adjustments that last their career. Each pitcher is unique and should have something positive to build on such as velocity, movement or control.

My core pitching philosophy resides on three parts. Balance, direction and timing. By mastering these three points young and old athletes can become very successful pitchers.

Balance doesn't just reside through the load point of your motion (Static Balance). It's actually carried out through the entire pitching motion (Dynamic Balance). A strong core is key to carrying a pitcher through the delivery process. Pitchers should work to develop their core muscle strength to help further themselves in achieving athletic gains.

Direction keeps us on the path of delivery. By maintaining a straighter delivery pitchers see greater ability to place the ball to a location rather than throwing into an area.

Timing involves both mechanics and release of pitch. By understanding the timing sequence of the mechanics, pitchers have more success in accuracy of weight shifting movements in motion. Timing of release gives pitchers better command in location of pitch.

Inside these core points or values resides five main pitching elements.

- **Load** (Bringing the leg up in order to generate momentum going forward)
- **Low Balance & Break** (As the load or leg kick comes back down the hands should be in rhythm up and down and break from the glove in sync)
- **Stride & Separation** (As you begin to stride out toward home plate your arms should be doing the same simultaneously leaving your throwing arm back with the back leg. Your hip should lead the way towards home plate in a driving manner rather than swinging open the knee)
- **Transition** (Once you land on your plant foot you should start to transition the hips to home plate creating torque and momentum to the catcher)
- **Finish** (The finish should be over the front knee 6 to 8 inches working to hand the ball in a perpendicular manner to the catcher. Keep your chest and chin going through the catcher vs off to the side flying open)
- **Follow through** (After you release the ball bring your drive leg back up over your shoulder and decelerate your arm down vs across your chest)
- **Side note:** Don't swing your glove arm around off to the side. Try to bring it to the catcher and then back into your chest or hip.

In working to master the mechanics of pitching I feel it necessary for a pitcher to develop an understanding of themselves as a pitcher and an approach of what to work towards in scope of success.

Every pitcher is different and will work and react differently to training. It's important to understand the challenges go beyond just the mechanics of pitching. The mental game is just as important. Learning how to be a baseball pitcher is very challenging and a lot to learn. In short it's a process. The goal is to develop and train the athlete to be what they seek to be. This is not done over night and in some cases not done at all. Please understand you will have good days and bad days as a pitcher. You will learn more from your mistakes than from your successes.