

# Baseball Pitching Instruction

Here's an easy 6-step method for teaching pitching mechanics to kids:

## PITCHING MECHANICS CHEAT SHEET

### 1. STANCE

- Weight evenly distributed on both feet
- Head centered and eyes facing the target
- Four seam grip
- Ball in glove
- Glove palm up in front of chest
- Throwing hand palm down to conceal the ball



### 2. ROCKER STEP & PIVOT

- Stride foot takes short, compact "rocker step" away from the rubber
- Pitcher's head remains over the back foot (i.e. back foot)
- Back foot squares off parallel to the rubber and hips rotate toward 3<sup>rd</sup> base (for RHP)



### 3. BALANCE POSITION

- Stride leg lifts up toward the chest in a controlled motion and stops at ~90° angle
- Practice holding this position to improve balance



### 4. SEPARATION & STRIDE

- After stride leg reaches highest point, separate the hands in a thumbs down position while beginning stride to home plate
- Perform controlled "fall" to home plate, with head, glove-side knee, elbow and shoulder leading the way
- Firm back leg (do not collapse into "drop and drive" motion)
- When stride foot lands, arms and body form "T" position



### 5. RELEASE

- Explosively accelerate the throwing shoulder to the plate
- Head moves to directly over stride leg
- Throwing elbow even or slightly higher than throwing shoulder
- Elbow snaps to full extension at release point
- Wrist straight and firm
- Fingers stay on top of the ball



### 6. FOLLOW THROUGH

- Complete weight transfer from back foot to front foot
- Back heel rotates up and out, then comes up off the rubber, circles around and lands even with the stride foot
- Get into good fielding position

