



**Pitching. So simple, but yet so complex**



**The Next Clayton Kershaw**



# The Set Position

# The Set Up

- Relaxed
- Hands together in the middle of your body
- Feet around shoulder width apart
- 75% of weight into the back leg
- Weight on the inside part of the back foot
- Back knee inside the back foot

# Leg Lift or Balance Point?



# Leg Lift

- Lift Front Leg into the centre of your body (lift leg through Quad)
- Hands move up as leg comes up
- As Knee gets to the top of lift, sit into back heel and drive back hip pocket to the catcher
- Upper body stays over back foot creating upper body and lower body separation
- This is the beginning of the speed and momentum of our delivery



# Balance Point



Vertical Movement with weight going in the wrong direction

No drive or linear movement towards the plate



# Seperation





# Seperation

- Hands separate around the belt as front leg starts down
- Weight on back leg is felt through the quad (slight sitting action)
- Slight flexion in back knee
- Upper body lags behind as lower drives in a linear direction towards the catcher
- Front shoulder is slightly closed as hands begin to separate
- Back heel remains on the ground with body weight on the inside part of the back foot

# Early Separation & Upper Body Drift



- Forward lean gets body ahead of your arm
- Early or high hand separation gets our arm ahead of our body
- **TIMING!!!!**



# Stride & Arm Path



# Stride & Arm Path

- Continue to drive the inside of the back foot (Heel still on the ground)
- Still flexion in the back knee and knee is facing the same direction as the chest
- Arms separate on a similar path (Equal and Opposites at the elbows)
- Shoulders are still closed to the target
- Head is still behind the centre line of the body
- Front foot reaches towards the plate
- Extend back leg & drive hip to the plate right before the front foot lands



# Red Flags!!!



- It's all connected. Early back heel disengagement (weight to Quad)
- Early rotation of back leg
- Upper body drift
- Elevated back elbow (inverted W)

# Front Foot Strike





## Front Foot Strike

- This is the Key Snap Shop for coaches!!!
- Back leg extends through ankle, knee & hip which drives hip to plate and back foot turns all by itself
- Upper body makes its way back to centre line and shoulder are still in line with target as hips open (Reverse Spring Action)
- Ball needs to be up in the cocked position
- Elbows are below the shoulders and start to go back & down

# Hip & Shoulder Separation





# Scap Load & Beginning of Rotation



- Arms will disconnect for an instant to initiate rotation of upper body
- Glove starts making its way into body
- Faster you rotate front side the faster your trunk and arm rotate

# Rotation & External Rotation



# Rotation & External Rotation

- Glove side elbow continues to pull back into the body and glove makes its way to the glove side chest
- Ball lays back behind the head and arm rotates within the shoulder socket which lessens the stress on the elbow
- Throwing elbow will get above the throwing side shoulder through rotation
- Humerus should be in line with the shoulder blades through rotation
- Upper body (chest & chin) make their way towards the catcher by getting over the front leg



# Release



- Elbow is above the shoulder
- Ball is released out in front of front foot for maximum extension
- Front leg braces forward momentum for maximum force

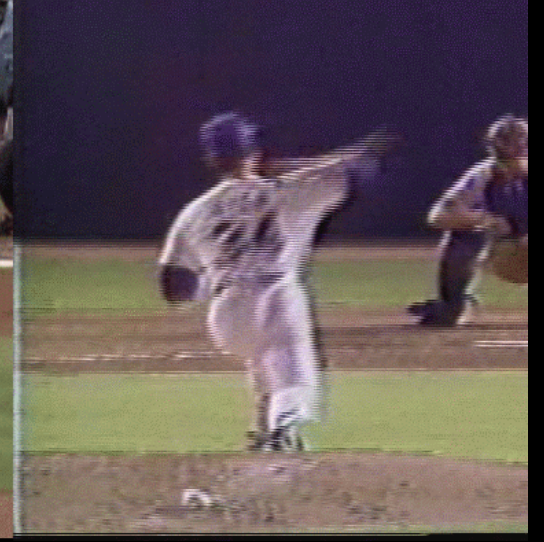
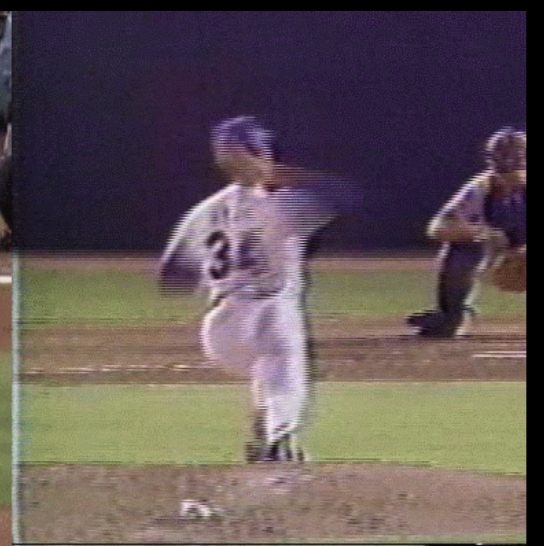
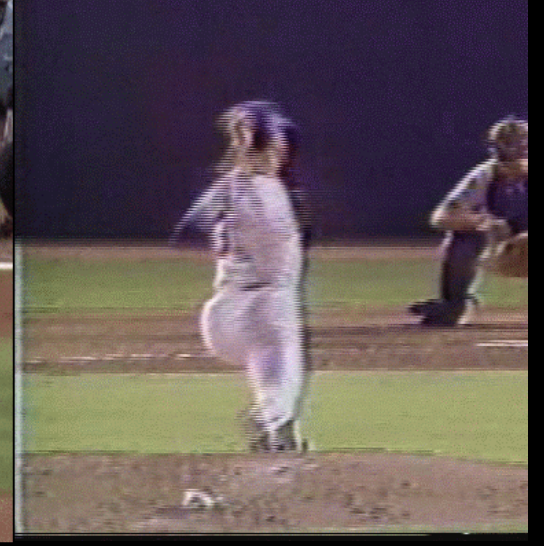
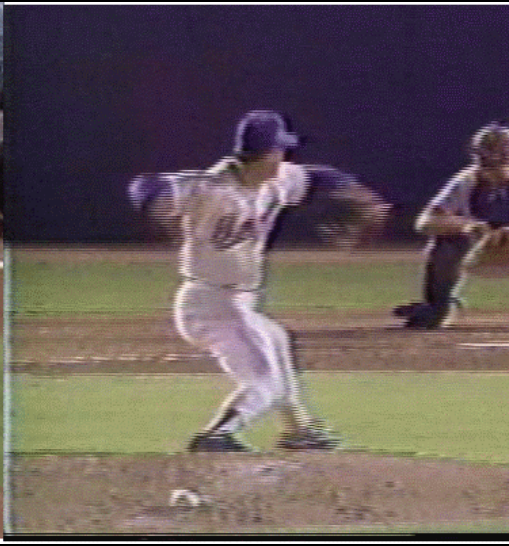
# Follow Through

- Complete the rotation to allow the maximum amount of time for the arm to decelerate. Back of throwing shoulder to target
- Hand and arm should work in a north to south motion. Never east to west



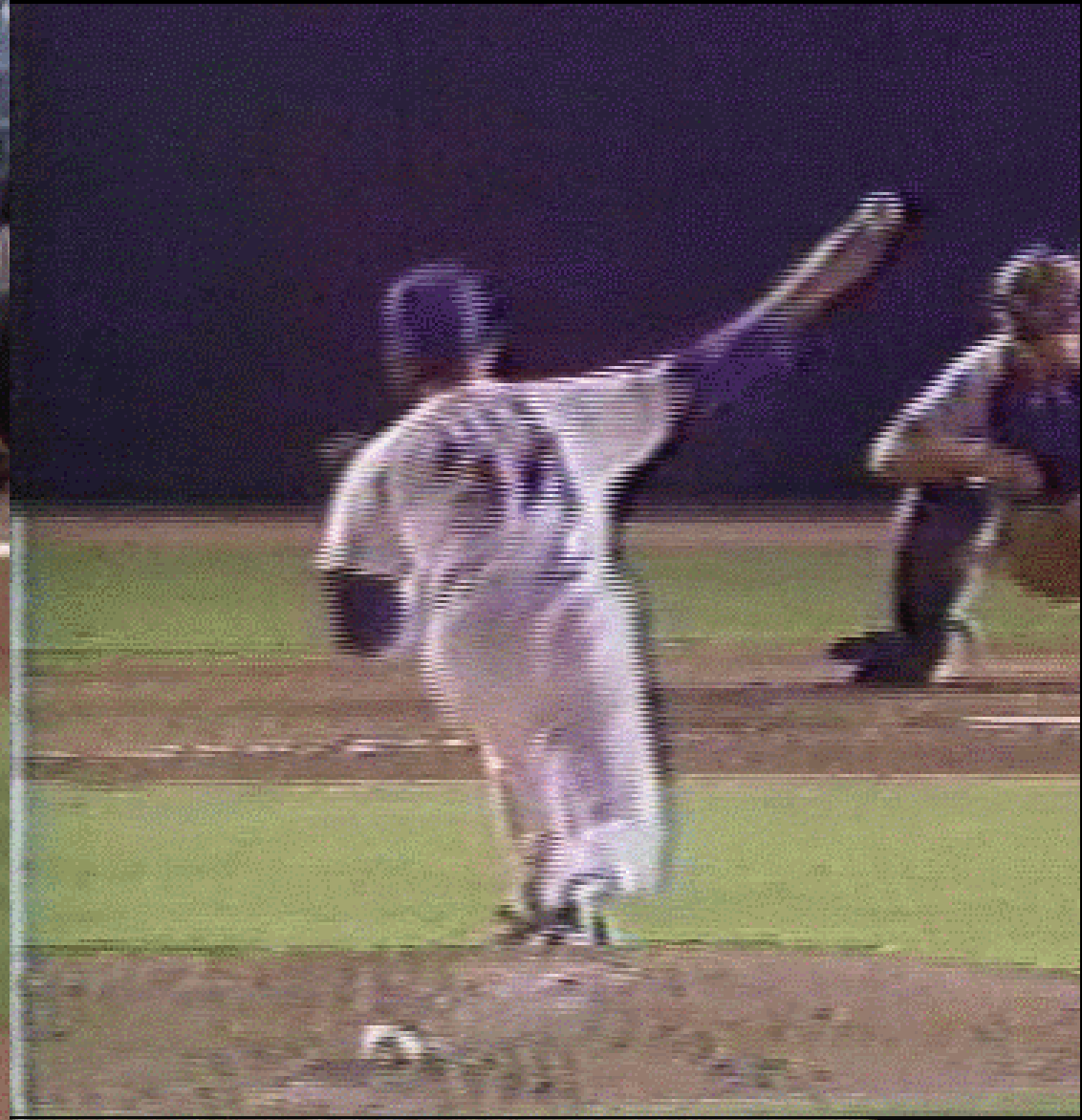


# Comparison





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# Changes Don't Happen Over Night

