

Checklist for Pitching Mechanics

What to look for in a Pitchers Delivery

Lower Half

- **Pivot foot**

- Is your heel against the rubber?
 - If it is angled with your heel off the rubber, closer to home plate than the ball of your foot, your direction is off right from the beginning.

- **Leg Lift**

- How high is it?
 - Every pitcher is different. Learn what works best for you.
 - Straight up towards front shoulder or towards back shoulder? Towards back shoulder is better for most.

- **Rhythm & Separation**

- Are your lift leg and hands moving in unison?
- Are you separating over your back foot, the one against the rubber?
 - Separation over your back foot is crucial for the timing of your delivery. When your stride foot hits the ground, the baseball should be above your throwing elbow with arm cocked.

- **Hip Coil**

- When the lift leg starts its movement down, coiling the hips helps load up power which also create what many call a "Backside V" when your head stays over the rubber while your hips lead.

- **Hips**

- How long do they stay closed?
 - The goal is as long as possible. The sooner they start to open, the sooner you are letting your power out. Hold that power in as long as we can and let it explode as late as it can.

- **Leg Drive**

- As our hips lead us down the mound, this is when our back leg will use the flex in it to drive/create energy down the mound.
- Our back knee remains over our foot/big toe as we drop into drive, then starts its extension as we get farther down the mound.
- At front foot contact it should be in full extension.

- **Stride**

- How long is it and where is it going?
 - Length in a stride is good. A good length is close to the height or your body. 90-95% of your height is a good goal.
 - We want to stride directly towards our target, or a little closed. Stay away from striding open or too far closed.

- **Stride Foot**

- Do you land heel first, flat or toe first? Straight, open or closed?
 - Heel...Flat...Toe, they all work. What ever is comfortable, go with it.
 - Foot should land slightly closed. When a pitcher tries to point their stride foot towards home, this causes the whole lower half, and sometimes their upper half, to open too soon.

- **Front Foot Contact**

- This is your firing position. Are you still closed or have you started to open already?
 - If everything has been done right up to this point, at front foot contact, the moment your foot hits the mound, you should be in a closed, powerful position. Stride foot, both knees, hips, shoulders and front arm should be closed still (towards the front side of their body). Then simultaneously (lower half leading the upper half), at front foot contact, everything will start to turn/explode towards the plate.

- **Stride Leg**

- It's our brake.
- Think of a catapult. As we are moving down the mound creating energy/power, that forward momentum in our lower half will stop once our stride foot hits the ground.
- The lower half stops while our upper half then starts its movements into release.
- The front leg is like a brace. It needs to be firm to brace the forward movement to allow maximum energy to go from the lower half into the upper half.
- A weak front knee will result in lower velocity and added strain on the throwing arm.

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Upper Half

- **Arm Action**

- How smooth is it?
 - Ideally, it's a nice smooth motion. Short, not too far extended, and doesn't have moments of pause or stall.
 - Ideally the motion is ball down out of the glove towards our back hip then it will move upwards towards the sky.
 - Remember, what works for one pitcher, may not work for another.

- **Shoulders**

- How long do you stay closed?
 - Just like the hips, keep them closed as long as possible.
 - Chin/shoulder connection is an easy way to stay closed down the mound.
 - Hip/Shoulder separation is a big key to generating power and torque. As the hips start to fire, the shoulders should stay closed. As the hips get about a 1/2 open, then the shoulders start to fire.

- **Front Side**

- How high does it get?
 - This helps with direction, deception and leverage. Make sure you have some height with it. Doesn't have to be way up there but it needs to be at least shoulder height. Somewhere between their head and shoulder is ideal.
 - As it comes down, tuck the glove and bring your elbow down towards their front hip.

- **Head**

- How level is it through your delivery?
 - The calmer, the better. Head jerkers/yankers typically have a hard time commanding the baseball.
 - Focus on keeping your eyes level through release.

- **Arm Slot**

- Is it natural? Most are 3/4 to low 3/4. Shouldn't be a forced slot.

- **Release Point**

- Where is it in relation to your body?
 - Think as close to home as you can. Feel extension, as if you are placing the ball in the catchers glove.

- **Finish**

- How balanced is it?
 - Your throwing arm should be loose and finish across your body.

Keys to Success

- **Balance**

- From start to finish, you want to be under control of your body. From your leg lift, to separating over your back foot, to gliding down the mound, to release and to your finish...How in control are you?

- **Tempo**

- The pace of your delivery. How quick or how slow is it? Most pitchers will have more success with a delivery that has a quicker pace to it. The slower it is, the more time there is for the timing of something to be off. Use a quicker tempo to help generate momentum and help create consistent timing.
- Remember, separation over your back foot is vital for all of this to work together properly.

- **Direction**

- All of your energy should be going directly at the plate. There is no other option here. Take your body to your target. Feel your body closed as it goes down the mound for as long as it can and then once your front foot hits, FIRE!!

From the Stretch

- **Quicker Delivery**

- With runners on base, a slow delivery is unacceptable. Goal: 1.30-1.40 to the plate.
- Come set pre loaded on the back leg. The moment we lift, leg drive needs to start.
- It is also on you to make sure the runners don't get a good jump. Vary your hold times from pitch to pitch.

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What to look for in a Pitchers Delivery

Pitcher's Name: _____

LOWER HALF

Pivot Foot: Heel on or off the rubber?

Leg Lift: How high, windup and stretch?

Rhythm & Separation: Do your/their hands & leg move in sync? Separate over your back foot?

Hip Coil: Do you/they coil?

Hips: How do they move down the mound? How long are they closed for?

Leg Drive: Back leg action? How efficient is it?

Stride: Length and back leg action?

Stride Foot: Open, straight or closed? How does it relate to your/their hips?

Front Foot Contact: Is your/their body closed or open? Where is the baseball at?

Stride Leg: Firm or weak? Action as upper half moves into release?

UPPER HALF

Arm Action: It is too long and out of control or short and under control? Is it smooth?

Shoulders: Closed longer than your/their hips?

Front Side: How high? Elbow to your/their hip? Controlled glove?

Head: Is it steady and under controlled through release?

Arm Slot: Natural appearance? High, 3/4, low 3/4, side arm?

Release Point: Even with the side of your/their head, even with front foot or out front?

Finish: Balanced? Square to the plate?

Balance: Are you/they under control from beginning to end?

Tempo: How is the pace of your/their delivery?

Direction: Open, straight or across your/their body?

FROM THE STRETCH

Quicker Delivery: 1.30-1.40 and how are you/they at varying your/their hold times?
