

The Fundamentals of Pitching

How to stand on the mound

- Have your feet shoulder width apart
- Have your right foot (left foot if left handed) on the front part of the mound. Hook that foot into the mound with your cleats to ensure stability on the mound

How to grip the ball

- Always use the laces on the ball! The laces help with pitching in the rain and to have better control of the ball. For a fastball, grip the laces on the straight edge on the seam and the curved edge of the laces should be right next to your thumb and index finger. I always look for the “C” on the ball and grab the ball to cover the “C”.

How to make the ball go straight and not left or right

- Hips! Hips! Hips!
- The hips help control the ball to go straight. To use your hips correctly, you must keep your hips open (belly button facing third base) until you release the ball. Once the ball leaves your hand you may close your hips to prepare for a ground ball and to finish your momentum with your pitch.

How to make the ball stay level so it doesn't go too high or too low

- You must find your release point. The release point is located in front of your back leg in an open position. This should help it go straight if your other mechanics are proper.
- The ball could also go too high or too low based on your body positioning. You must always stay tall and have a confident posture when you pitch. If you lean over your front leg or lean back, you could have a tendency to make the ball go too high or too low. Always stay tall every time you throw!

How to throw faster

1. Long strong stride
 - a. This is the distance you create when you push off the mound to pitch.
2. Strong Snap
 - a. This is the whip you create in your wrist to release the ball from your hand. You should create a strong enough snap to make the spin on the ball significantly fast.
3. Opening and closing hips properly

Basic pitching facts:

- Create a big arm circle
- Follow the power line – Straight line to home plate that the pitcher has to follow to have the most control
- Relax your upper body. You should never use your shoulder in the pitch.
- Keep your front toe straight towards the catcher when you push off. If you turn your toe too early you can hurt your groin muscles.
- Create a rock back movement when you begin your pitch to produce more power
- Keep your arm straight when you go forward
- When you snap, make sure your elbow is straight and your palm is going straight towards the catcher.
- Most importantly, have fun! 😊

If you have any questions, feel free to email me videos of your daughter pitching so I can help them with their fundamentals.

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You can also watch a video of her pitch here (<https://www.coachseye.com/v/dLyh>)