

Lenoir Community College
Pitching Philosophy

Mechanics Checklist

- I. Addressing the Rubber
 - a. Right handed pitcher normally on third base side
 - b. Left handed pitcher normally on 1st base side
 - c. Exceptions to rule – pitchers who have a lot of arm side action may be better suited from opposite side of rubber
 - d. Stance
 - i. Relaxed with front spikes over the pitching rubber
 - ii. Weight should be evenly distributed with feet shoulder width apart
 - iii. Shoulders should remain square to strike zone
 - iv. Hands together or ball in glove
 - v. Eyes focused on target
 - vi. Back of glove facing target

- II. Rocker Step
 - a. Short – this just begins the process
 - b. In line with 2nd base, don't want 1st base side steps, stay in line
 - c. Stay more on toe to stay balanced
 - d. Weight should remain over midline of body – chin over belly button over rubber

- III. Pivot
 - a. Shoulders start to turn with pivot foot after short, slow rocker to allow for easy transition of weight and proper leg action
 - b. Foot is lifted slightly and placed in front of rubber
 - c. Foot should be placed in same position every time
 - d. Foot should be square to front of rubber – over rotation throws off initial alignment
 - e. Relax eyes from target – eyes weren't meant to focus for long periods of time

- IV. Leg Lift
 - a. Knee should be lifted to balance position
 - b. Knee should be at least waist high and parallel to rubber – want leg lift to be as high as possible without leaning back
 - c. When leg lift begins, pick the target back up
 - d. Leg and foot should be relaxed
 - e. Leg lift plays major role in balance
 - f. Don't swing the leg or leave it open

- V. Balance Point and Separation
 - a. Lead leg and hip should be closed to target and parallel to rubber
 - b. Proper position is created by lifting knee to balance
 - c. Stay tall at balance position – drop and drive tends to flatten out pitches
 - d. Think lead with the hip when going to the plate
 - e. The leg should go down first and then toward the plate
 - f. Be careful not to let the lead leg swing open
 - g. Glove and hands should be between the thigh and knee at balance point
 - h. Glove back is facing target and slightly rounded
 - i. Separate hands with thumbs down over thigh and knee
 - j. Begin separation when knee begins to work down
 - k. Hands break in thumbs down position
 - l. Front shoulder remains level and is used as a sight looking down through target
 - m. Head position should remain steady with eyes focused on target

- VI. Leg Action/Arm Swing
 - a. Stay tall on back side, this allows for a high to low delivery position
 - b. Front side leg starts down and out, then straightens as it rotates to a flexed landing position
 - c. Lead hip and front side shoulder start square to target
 - d. Angle of stride should be square to target to slightly closed, this is strongest position and allows for explosive firing of hips during the throwing phase
 - e. Front foot lands soft and towards the ball of foot
 - f. Arm action is initiated from thumbs down separation point. Fingers on top of baseball
 - g. Arm travels in a down to back to up type of arc
 - h. Don't overextend or exaggerate by dropping ball straight out of glove, this can slow arm action. Causes tension and restricts arm speed
 - i. Ball should be pointing away from target in power position
 - j. Front foot is down when arm is in power position

- VII. Follow Through
 - a. Front leg absorbs weight transfer
 - b. Front leg must land soft and slightly flexed to allow upper body to get out over front leg on release and follow through. This allows for maximum extension and makes for a smooth transition of weight and backside explosion off rubber.
 - c. DO NOT PUSH OFF RUBBER
 - d. Throwing arm finishes to outside of landing leg
 - e. Backside will follow out and off rubber if transfer is made correctly

- f. This allows pitcher to finish in a good fielding position. Body square, glove in front, balanced.

Grips – Fastball/Change-up

VIII. Fastball

- a. Best pitch in game
- b. Must throw it to develop a good one
- c. Good mechanics allow you to locate within strike zone
- d. Four seam – held across the horseshoe, usually straightest pitch
- e. Two seam – can be held with or across the two seams, different finger placements can result in different movements

IX. Change-up

- a. Feel pitch
- b. Takes time to develop
- c. Disrupts hitters timing
- d. Three finger grip held across the horseshoe with fingertips over the laces
- e. Circle held by making OK sign with hand and placing either across the horseshoe or the two seams