

Good Pitching Technique

Launch

- As the pitcher lifts the leg and takes a comfortable stride, the hands separate and get to the launch position.
- Turning their thumbs in toward the body (down) and turning the palms away from the body when separating the ball from the glove.
- Be sure the pitcher separates the ball and glove inside of the lift knee

There are three checkpoints in the launch position.

1. The glove side elbow is at shoulder height when the pitcher is ready to deliver the ball.
2. Throwing elbow at or slightly above shoulder height. *If the elbow drops or drags when throwing, elbow and shoulder problems soon follow.*
3. Make sure the ball is facing away from the catcher towards second base. Keep the elbow slightly bent in an “L” shape. *If the ball is not facing away, the elbow will have a tendency to drag below shoulder height as the ball is thrown.*

Acceleration of the Arm

- pitcher must drive the glove side elbow down vertically past the hip. *By “driving the front side down” the pitcher ensures that the throwing shoulder is up and the throwing elbow is at shoulder height. If the pitcher drives the glove hand or elbow horizontally, the throwing elbow will drag. Be sure to stress driving the front side elbow straight down and back.*

Follow Through

Pitchers must adhere to two absolutes for an effective follow through

1. The pitcher must bend at the waist and get their head out over the stride knee. The front knee should be slightly bent to cushion the weight transfer and to aid in smooth follow through action.
2. It is important that the pitcher is in a good fielding position after following through. Make sure that the pitcher does not stop the throwing arm during the follow through.