

Hi Coach! And welcome to Baseball Tutorials!

In this free “cheat sheet,” you’re going to learn a simple, 6-step formula for developing fundamentally sound pitching mechanics. This is a safe, easy method that can be used to teach younger players how to pitch from scratch... or help older players refine and correct their delivery.

We’ve also included a fun and effective drill that will teach pitchers how to extend properly, moving the release point closer to the plate and increasing the “visual velocity” of their fastball.

If you like these tips and want to see more, you can download the complete Essential Pitching Drills eBook by visiting this page:

<http://www.BaseballTutorials.com/essential-pitching>

It includes 21 game-tested drills to develop rock-solid pitching mechanics, improve velocity, and develop pinpoint control.

Ok... let’s get started!

PITCHING MECHANICS CHEAT SHEET

1. STANCE

- Weight evenly distributed on both feet
- Head centered and eyes facing the target
- Four seam grip
- Ball in glove
- Glove palm up in front of chest
- Throwing hand palm down to conceal the ball



2. ROCKER STEP & PIVOT

- Stride foot takes short, compact “rocker step” away from the rubber
- Pitchers head remains over the back foot (ie. back foot)
- Back foot squares off parallel to the rubber and hips rotate toward 3rd base (for RHP)



3. BALANCE POSITION

- Stride leg lifts up toward the chest in a controlled motion and stops at ~90° angle
- Practice holding this position to improve balance



PITCHING MECHANICS CHEAT SHEET

4. SEPARATION & STRIDE

- After stride leg reaches highest point, separate the hands in a thumbs down position while beginning stride to home plate
- Perform controlled “fall” to home plate, with head, glove-side knee, elbow and shoulder leading the way
- Firm back leg (do not collapse into “drop and drive” motion)
- When stride foot lands, arms and body form “T” position



5. RELEASE

- Explosively accelerate the throwing shoulder to the plate
- Head moves to directly over stride leg
- Throwing elbow even or slightly higher than throwing shoulder
- Elbow snaps to full extension at release point
- Wrist straight and firm
- Fingers stay on top of the ball



6. FOLLOW THROUGH

- Complete weight transfer from back foot to front foot
- Back heel rotates up and out, then comes up off the rubber, circles around and lands even with the stride foot
- Get into good fielding position



FINISHING THE PITCH DRILL

Purpose: Teaches pitchers how to extend at the release point, finish the pitch with an aggressive follow through, and increase “visual velocity.”

What You Need:

- A pitcher and a partner (preferably a coach)
- A quarter-inch rope, roughly 12” long with a knot at each end
- A ping pong paddle attached to a sturdy wooden dowel roughly 2 feet long
- A metal folding chair or similar target for the follow through

Setup:

1. The pitcher will stand on the mound in the stretch position, holding one end of the rope inside his glove where he would normally hold the ball. The other end of the rope will dangle down freely
2. The coach will stand roughly 6-10 feet away (depending on pitcher’s height), holding the dowel/paddle out at arm’s length and shoulder height.
3. The chair will be placed on the stride foot side of the pitcher, just behind and outside of where the stride foot will land. Make sure it’s far enough to not obstruct the pitcher’s throwing motion, but close enough that the rope smacks the top rung of the chair on follow through.

Execution

1. The pitcher will go through his throwing motion, extending out fully to smack the paddle with the loose end of the rope first, then following through strong to hit the chair with the rope immediately after
2. When done correctly, you should hear two distinct smacks, as the rope makes contact with the paddle, then the chair.

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1. Set up position, with the chair behind the pitcher and the coach with his target paddle extended.



2. Extend fully at the release point and hit the paddle with the rope



3. Finish the follow through aggressively and hit the metal chair with the rope

Finishing the Pitch Drill - Coaching Pointers

1. Emphasize your pitcher getting his throwing arm *past* the stride leg knee. This is a great finishing point for the pitch, and will ensure a strong, loud contact with the rope on the chair
2. SAFETY NOTE: Adult assistance and supervision is required with this drill. Make sure the partner's hand, arm and face are well protected. Run the drill at half speed to start, then increase to full speed once the pitcher can complete the motion safely and under control.
3. The Finishing the Pitch Drill is especially effective for increasing a pitcher's "visual velocity." In other words, it can make a pitch *look* faster than it actually is. How? By extending the release point a few extra inches toward the plate, the ball has less distance to travel before it reaches the batter. So the batter has less time to track the pitch and attempt to get his bat on it.
4. Before working on this drill, it's critical to use drills that develop the proper mechanics, such as The Glide Drill, The "L" Drill and The Protector Screen Drill. All of these are explained inside the Essential Pitching Drills eBook, which you can download at this page:

<http://www.BaseballTutorials.com/essential-pitching>