

## Key Mechanics For Pitching

### 1. Holding the ball:

- ❖ Hold the ball across the C (the seams).
- ❖ Finger tips should be on the seams for more spin and speed.



### 2. Finger and wrist snap:

- ❖ Your wrist should be in the cocked position to start.
- ❖ Snap your wrist and fingers up into a closed fist.



### 3. Your windmill position:

- ❖ Start with your ball in glove with your wrist in the cocked position.
- ❖ Bend in at the waist bringing your glove into your belly.
- ❖ Explode forward (pointing your belly button to the sky) bringing your glove and hand up together to your ear.
- ❖ Separate arms and get into the **BIG X** position.
- ❖ Make sure your glove is pointing straight to your catcher and your wrist is still cocked.
- ❖ With as much power as you can swing both arms down as fast as you can. Do your little dance with your hips (swing them from back to the front).



### 4. Releasing the ball:

- ❖ Snap your wrist and fingers at your hip.
- ❖ Punch up into a fist.



### 5. Foot work:

- ❖ Starting position: Pitching arm side slightly in front of the glove side.
- ❖ Step out with your glove side foot.
- ❖ On a straight line your front foot should be pointing to home plate.
- ❖ While swinging your arms down from the **BIG X** your pitching arm foot should follow through (dragging the inside of your big toe) to the front foot.

\*\*\*\*\* SMILE AND HAVE FUN \*\*\*\*\*



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