

## Playing the game as a Pitcher – Pitching

### *Pitching –*

- ✓ Like catching, the pitching motion is comprised of a number of components that need to be mastered.
- ✓ The position is complex, and requires not only a good athlete but also a coach with patience.
- ✓ While there is no single correct pitching motion, consistency in delivery is crucial to accuracy. The key to consistency is mechanics.
- ✓ Pitching mechanics is considered by most to be the foundation of pitching. Without solid mechanics pitchers struggle with their control, add additional stress to their arms and never maximize their velocity.
- ✓ Mechanics is simply about moving the body through space using proper timing in a well balanced and controlled manner so that the pitcher lands and gets into a consistent throwing position.

### *Release Point –*

- ✓ Getting to the proper throwing position will be the determining factor in how much power he will be able to generate. This consistent throwing position is what actually controls the release point of the ball.
- ✓ When you change mechanics you will also change a pitcher's release point.
- ✓ Without good mechanics, a pitcher will always struggle with control, never quite understanding why he is unable to hit the glove consistently.
- ✓ Conversely, just because a pitcher has good control doesn't mean his mechanics are good. Even with poor mechanics, many pitchers are able to locate the ball. However, they must sacrifice velocity to do so.
- ✓ With good mechanics, pitchers can consistently maximize both their velocity and their control. And they can do so without adding stress to their arms.

As a baseball coach, one of the keys then for long term pitching success is to educate yourself on what are the common elements of a quality delivery. Then you must understand which mechanical faults will hold you back and which drills you can do to fix each problem. There is no quick fix or magic. Like anything else, if you want to be successful you must know what to do. And when it comes to developing or teaching quality pitching mechanics, you must know not only what to do but why you are doing it, and finally, what the result will be that you are trying to produce. Start with the first fault in the delivery and fix that; then go to the second, the third, and so on. Don't try to work on too much at one time - fixing one thing can make a difference and generate both positive results and additional motivation. Work hard and have patience - it takes time to build a quality delivery. Set goals for developing better mechanics and look for weekly improvements. Emphasize home drills: use the mirror to get instant feedback, and use the off-season to fix long term mechanics issues.