



Breaking Down the Pitching Motion

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A. THE GRIP

use 2 or 3 finger to grip across the seams on “C”, pads of fingers slightly past upper edge of seams
ball well out of palm; firm yet relaxed grip
tape balls across the C to visualize rotation, grip with middle finger and thumb on tape across from each other

B. PRESENTATION OF THE BALL

both feet in contact with pitching rubber slightly less than shoulder-width apart; all weight on right foot, left heel propped up
right foot centered on mound; ball of right foot in dirt with heel on rubber
toe of left foot barely touches top of rubber, cannot extend beyond side of rubber to the left
shoulders & hips facing home plate in closed position
hands are apart during signals; ball can be in glove or pitching hand; tap or spin ball on thigh to stay loose
after signal, hands come together to a complete stop in front of body
hold pause for 1-10 seconds, adjust grips at this time but be sure to hide ball from 3rd-base coach and batter

C. BEGINNING THE PITCH

In Sync = arms and body go back and forward together

as both arms drop back slowly, transfer weight from right foot to left foot - left heel goes down, right toe props up
bend slightly at the waist & lean forward keeping shoulders level, eyes may look down briefly
make sure pitching **arm drops straight back**, catcher should be able to see it; drop arm back low and **slow**, don't go too high! knuckles forward
options for hands: single pump - hands stay together to start circle; double pump - arm drops back
intent to throw hard now begins:
when arm reaches its peak and starts forward, transfer weight back to right foot, bend right knee
load & explode - right toe goes down, all weight loads on power leg, right foot may angle slightly
sprinter position - bend right knee, both heels up, nose out past knee - very powerful position!

D. LEAP & DRAG

as arm motion begins forward, pitcher begins stride with left leg

Plug It In: glove arm, pitching arm/ball & left knee come up together and all point at target
push with left leg as it gracefully strides high - lift thigh parallel to ground, toe points forward at this point
as foot descends, it turns to a 50-80 degree angle, lands toe-first, touches left of the power line
stride distance should be approx 6 of the pitcher's foot-lengths
as left leg extends, right foot pushes away from mound (ankle extends)
drag smoothly on side of big toe keeping contact with the ground - no leaping nor crow-hopping
turning of the feet naturally rotates the hips & shoulders to an open position (facing 3rd) - don't force it

E. RESISTANCE

do not lean forward nor to the right!!! shoulders stay stacked above hips, nose behind belly button; nose is up being “snotty”
reverse posture: get left hip out front, landing with right shoulder slightly behind right hip as arm passes ear
left leg flexes upon landing to absorb shock, it then straightens for resistance
brick wall - left side should be solid & firm, but knee should not be locked - body should angle back from left foot, keep weight on inside of foot
arm whips forward against resistance

F. ARM CIRCLE

in beginning, drop arm back with knuckles forward, pitching arm fully extends and begins making perfect circle in line with target
arm begins circular path upward going in front of your nose or right shoulder - point at target!
arm speed should be increasing throughout motion, especially down from the top of circle; arm is long and relaxed
at top of arm circle palm and thumb naturally rotate open towards third – do not force the turn and do not cock wrist!
shoulder will also rotate open naturally; do not over-open as arm will drop awkwardly behind body
arm should be fully extended with ball above shoulder, brushing by right ear
arm must have passed the ear and be on the way down when the left foot lands

G. THE RELEASE POINT

wrist and arm naturally flex on downswing in preparation for violent whip
release position is in line with thigh of right leg and above the power line - throw zone extends from right to left foot
arm is fully extended but not locked at release

ARM WHIP: hand lags behind and pops to the front creating the whipping action

as upper forearm brushes front of right hip, thumb comes off and the fingers rips violently against the seams of the ball, wrist bends forward so
back of hand is now at target

allow arm to continue forward as it decelerates after release; reach out at target, elbow up off ribs, elbow bent naturally
at release hips will be at a 45-52 degree angle as arm has passed the right hip; **DO NOT SLAM HIPS SHUT WITH THE BALL!**

after release, right knee drives into left side, knees pinch and thighs are parallel

make a **figure four:** right leg must bend as toe kicks forward, low & to the left as the knees pinch, do not touch nor wrap feet!

do not force a squared-up fielding position; **do not force hips to close!**

after Figure 4, end by placing right foot under you & stay sideways to target, feet are active and ready to react
pitcher should be ready to field ball with glove protecting face