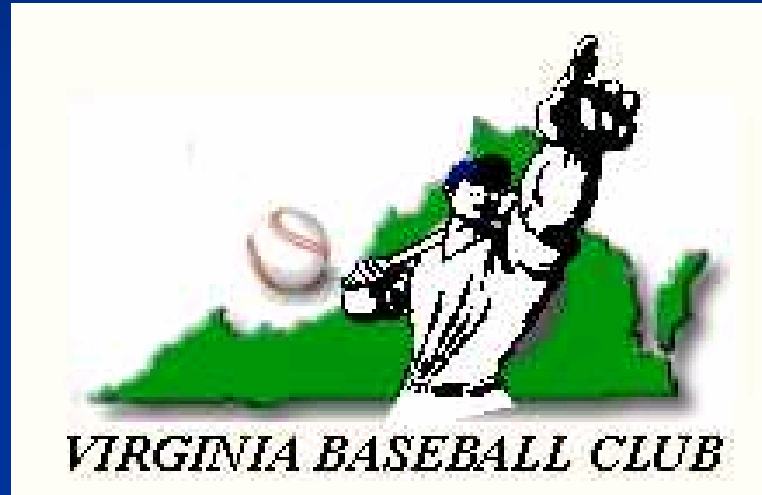


Teaching Pitching



www.goVBC.com

Coaches Online Certification Program

Teaching Pitching

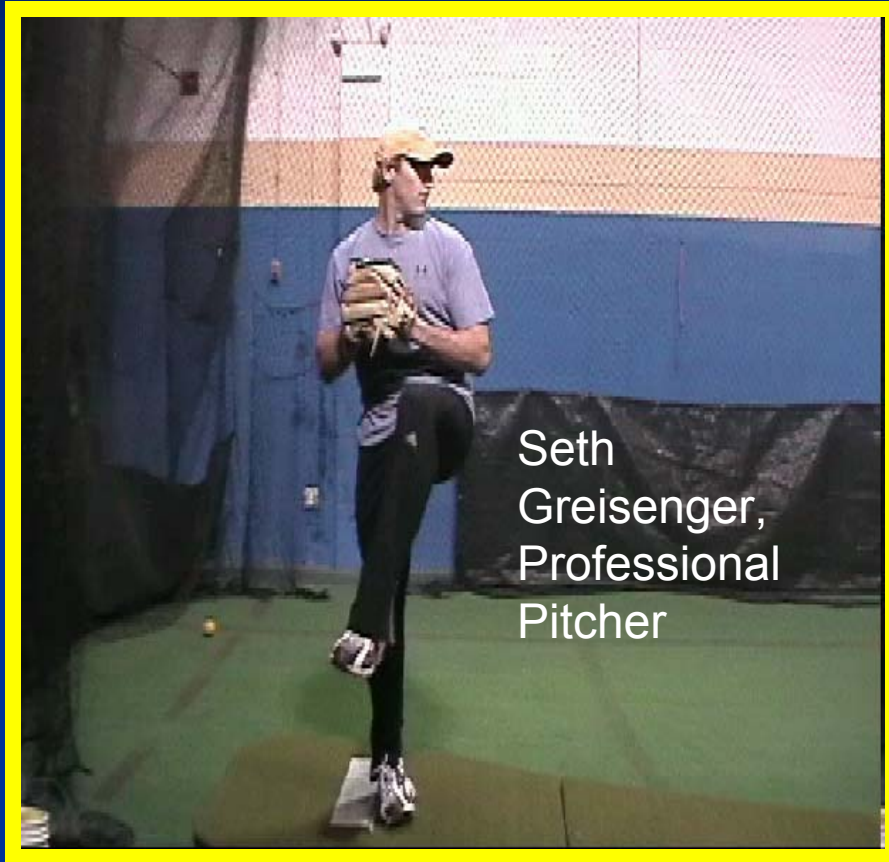
- Keep it fun and simple - appropriate to age and skill level.
- Start at shorter distances to build confidence. Be sure to point out the good things players are doing.
- Communicate that consistent pitching mechanics lead to consistent strikes.
- Throw 1st pitch strikes and make hitter put ball in play.
- Correct the mentality of striking out everyone.
- Teach emotional control. Pitchers can control their pitching. They cannot control the umpire or what happens after they throw the ball.

Start young pitchers from the set position.



Jason Baker, GW Univ.

Balance Point



- Front knee lifts to waist level or higher.
- Nose over back toe.
- Hands are together and weight is gathered over the back leg.

Hand Separation



- Just before the body begins to move toward home plate the pitcher will separate his hands by pushing them down toward his knee.
- The hands and knee work in unison.

Power Position



- When front foot hits ground, the throwing hand is above the elbow and shoulder.
- The throwing hand is turned away from home plate.
- The glove is chest high.

Direction



Tom West,
VBC pitching instructor
and former Texas Ranger.

- The front foot is 45-90 degrees open to home plate.
- The front foot lands in a direct line from his back foot to home plate.

Release Point



- Hand is above elbow, elbow is level or slightly higher than shoulder.
- Fingers directly behind the ball (fastball).
- Ball released out in front of head.
- Glove stays close to body.
- The head is not tilted to glove side.

Follow Through



- Throwing arm comes across front knee.
- Chest over front knee.
- Back leg comes high off ground (avoid dragging back toe).

Teaching Pitching

- Hold special practices just for pitchers at least once every week.
- Teach pitchers to throw to small targets like a catcher's knee.
- Never have a player pitch if he tells you his arm is hurting.
- Know your league rules on pitching limits.

Directions for taking the VBC online certification test.

- Go to www.goVBC.com
- Click on Coaches Certification Program icon in the left column.
- Use your notes to answer the questions.
- Submit your results.
- A certificate will be mailed to your league office and your name will be posted on the VBC website by April 15.