

PITCHING MECHANICS 101



BASEBALL FACTORY



Set-Up



Comfortable

Eyes on target

Hands together

Elbows relaxed

Feet shoulder-width apart

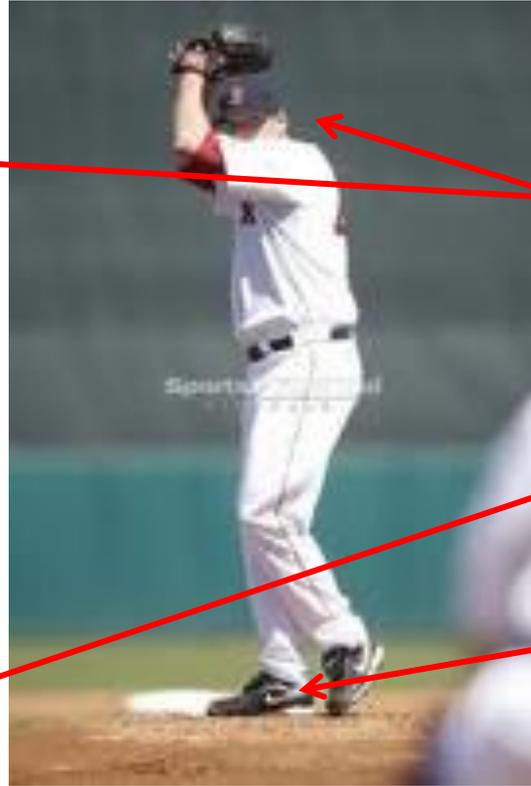
Balanced



BASEBALL FACTORY



Starter Step



Hands can go over head or stay in front of body

Little or no head movement with eyes remaining on target

Weight remains centered

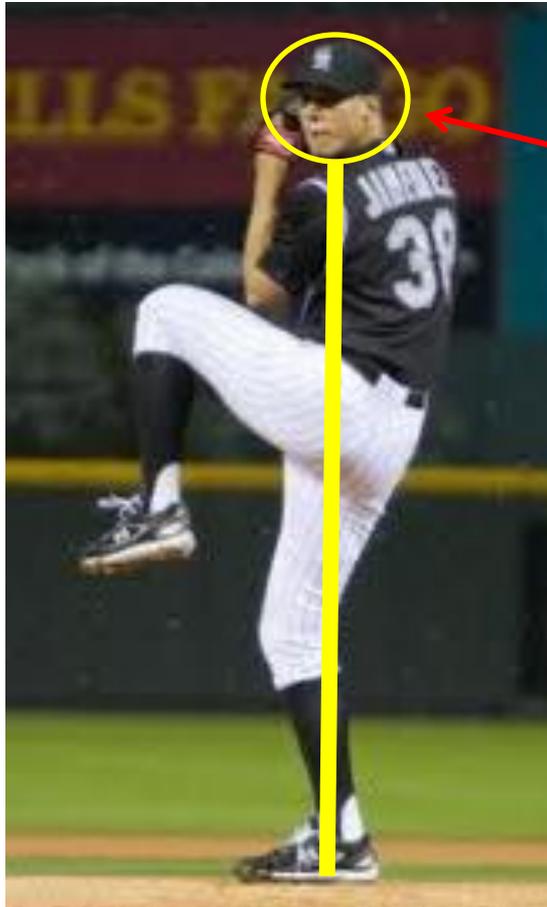
Small step to the side of or slightly behind the rubber

Plant foot pivots and is set flush with the front of the rubber

BASEBALL FACTORY



Leg Lift



Eyes on target

Head over plant foot

Leg lift initiated from the knee

Back pocket to hitter

Flexion in plant leg



Leg Lift



Eyes on target

Hands comfortable distance from body

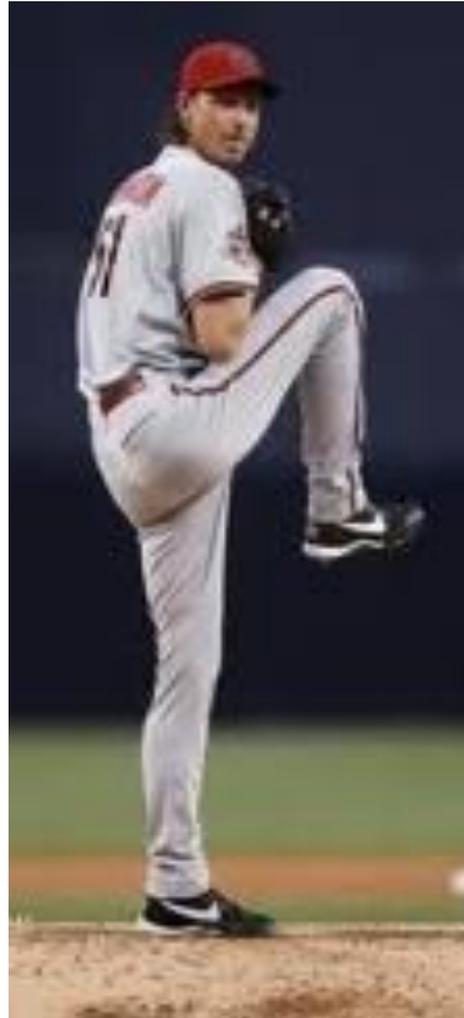
Elbows down at roughly 45 degree angle

Lift foot relaxed

Weight over rubber



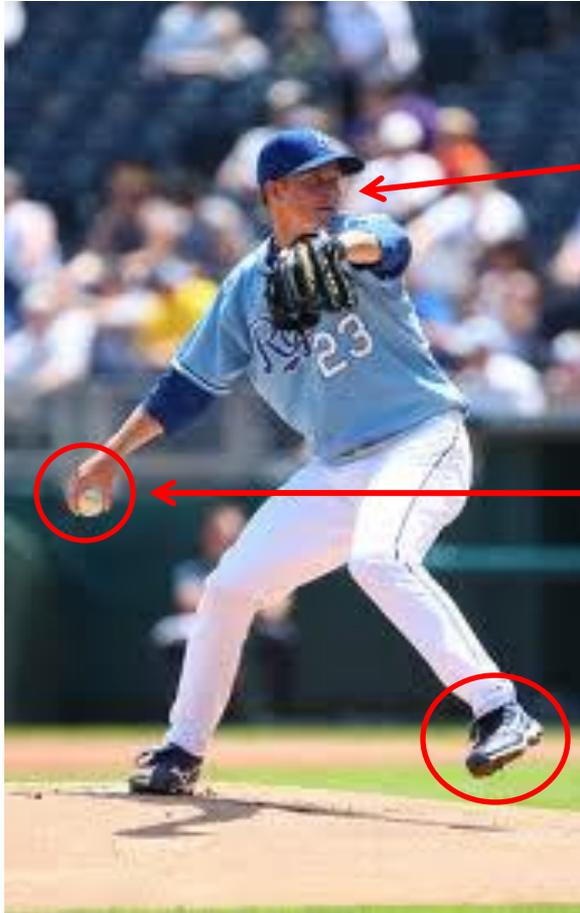
Leg Lift



BASEBALL FACTORY



Separation and Stride



Eyes on target

Lead elbow on target

Front hip on target

Hand past thigh, ball to ground out of glove

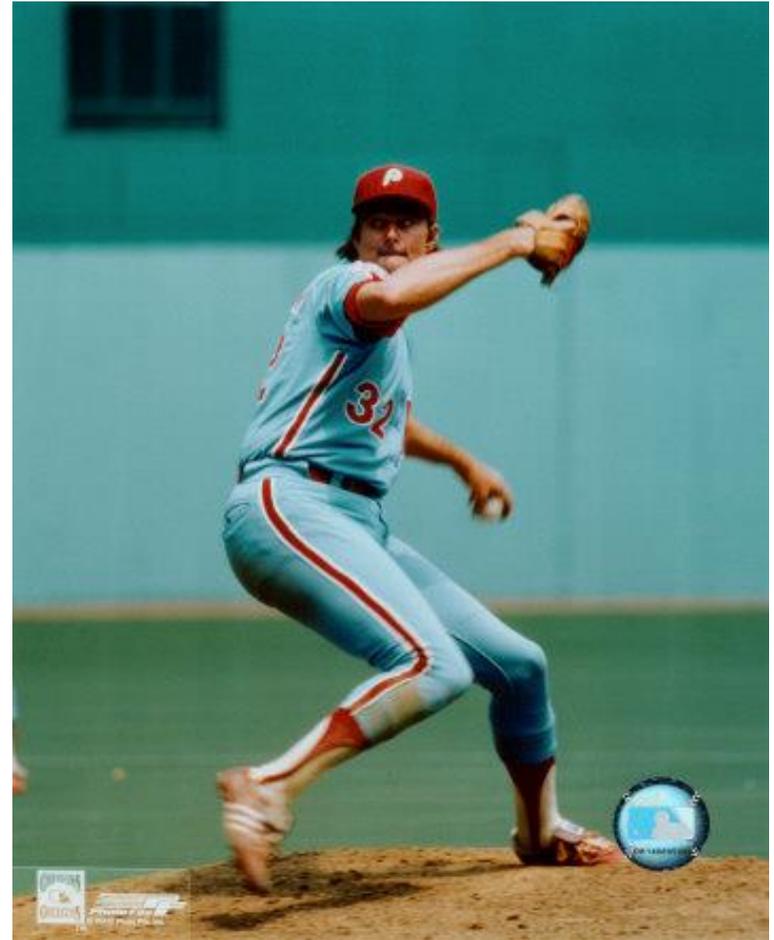
Stride sideways – lead to target with heel/outside of foot



BASEBALL FACTORY



Separation and Stride



BASEBALL FACTORY



Landing

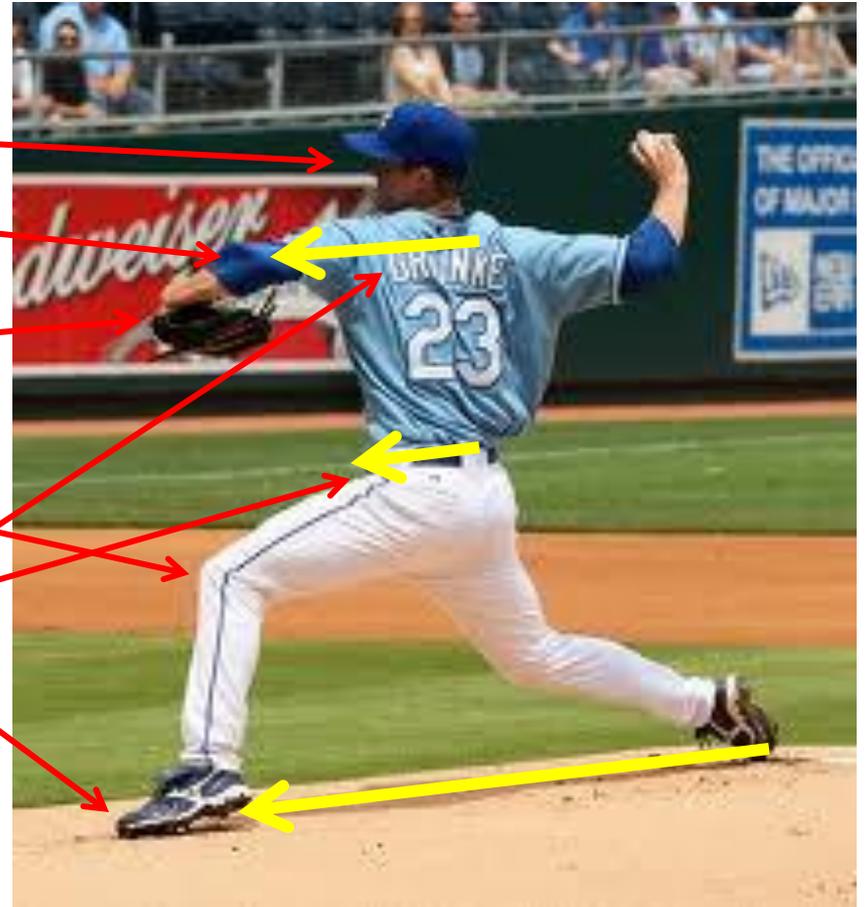
Eyes on target

Line from back shoulder through front elbow to target

Glove tucked

Land with soft front leg on ball of foot

Feet, hips and shoulders aligned to target



BASEBALL FACTORY



Landing

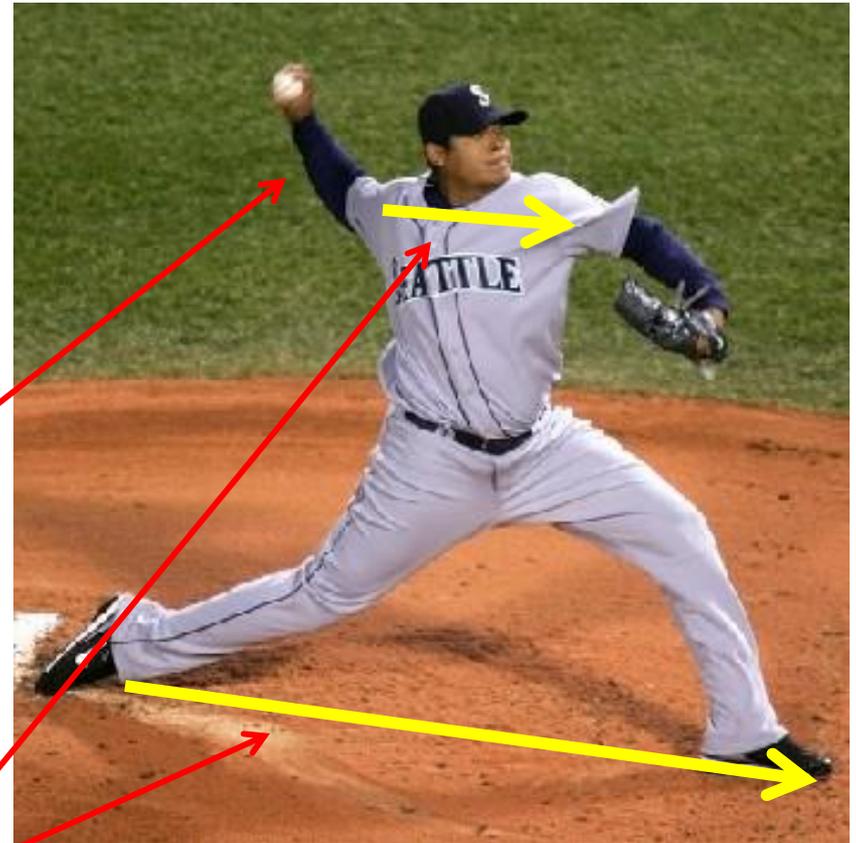


Eyes locked on target

Forearm at or near vertical

Ball facing 3B/SS (facing 1B/2B for LHP)

Feet and shoulders aligned to target



BASEBALL FACTORY



Landing



BASEBALL FACTORY



Landing to Release



Eyes and chin to target

Elbow leads

Glove in toward chest/armpit

Hips rotate

Shoulders rotate and tilt



Landing to Release

Front toe at home plate or slightly closed

Gain ground from rubber / Up on toe of back foot

Front leg remains bent



BASEBALL FACTORY



Landing to Release



BASEBALL FACTORY



Release



Eyes on target

Head over front
knee

Chin, chest and
belt buckle facing
target

Shoulder tilt
matches arm angle



BASEBALL FACTORY

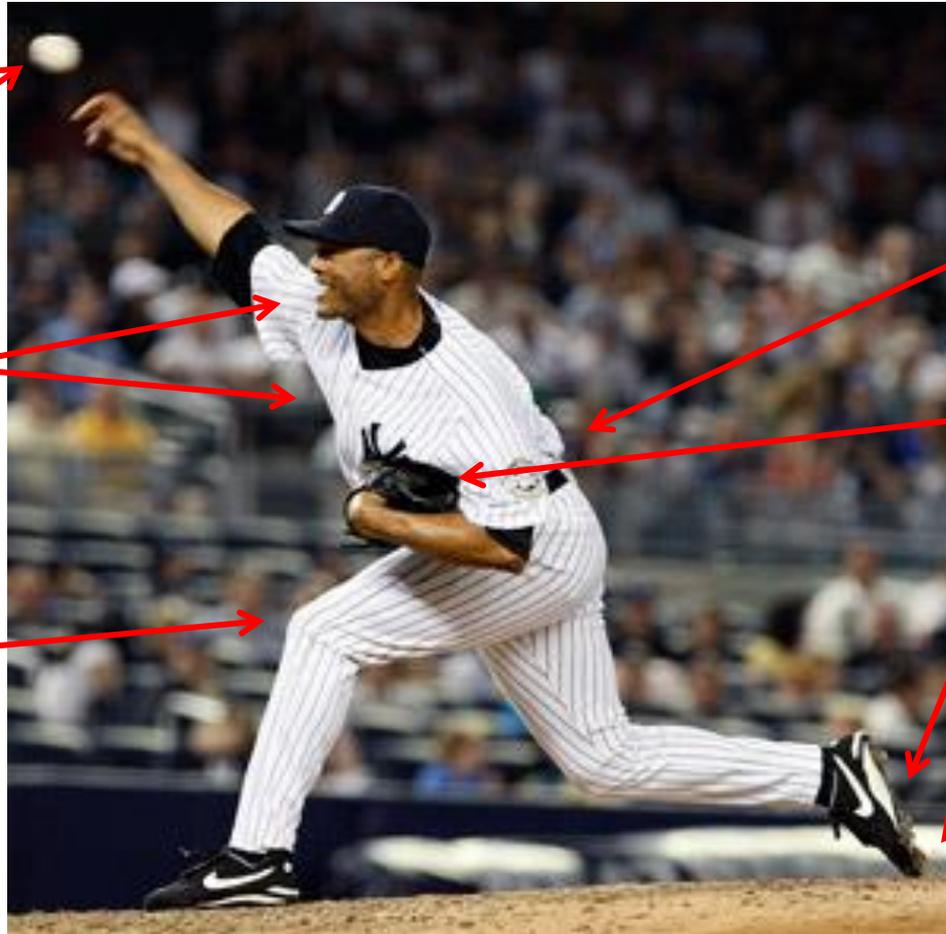


Release

Ball should be released out front

Chin and chest to target

Bend in front leg



Eyes on target

Slight bend at waist

Glove tucked

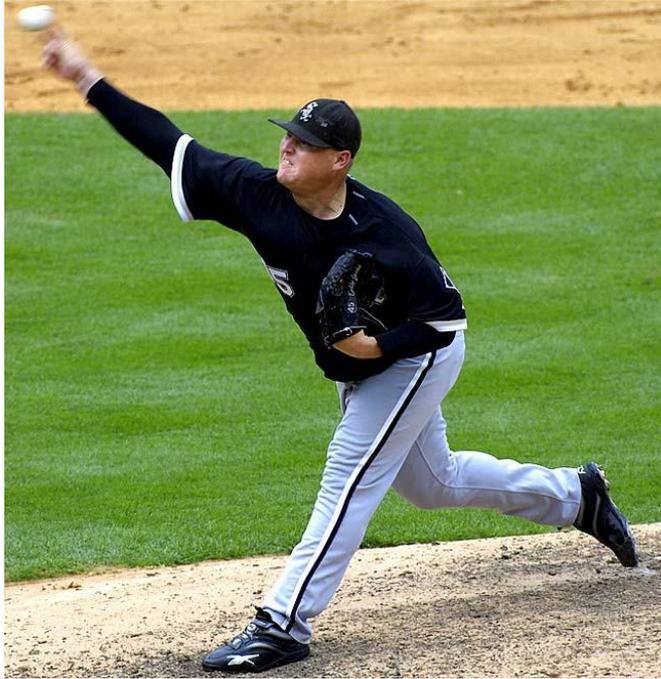
On toe of back foot

Gained ground to target

BASEBALL FACTORY



Release



BASEBALL FACTORY



Finish



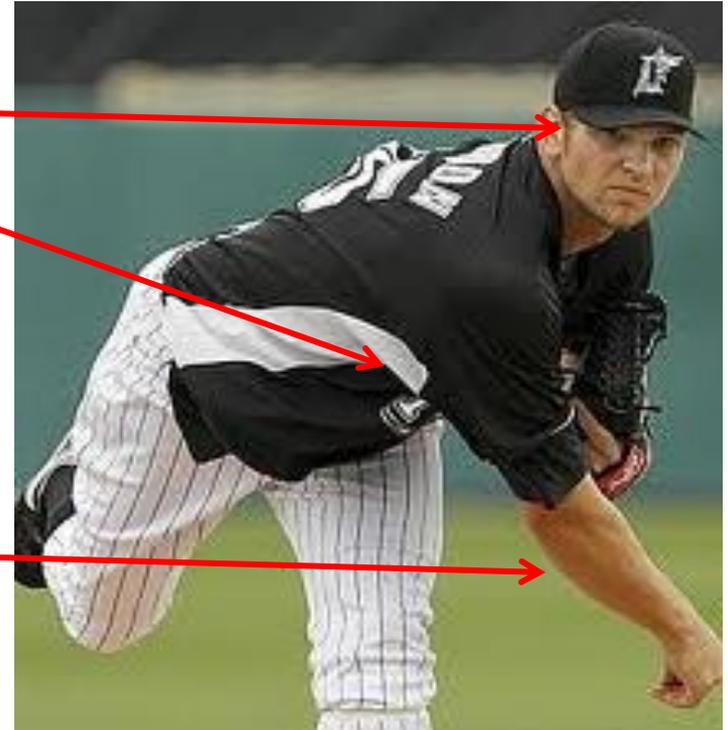
Eyes on target

Chest over front knee

Back heel to sky

Flat back

Complete arm path



BASEBALL FACTORY



Finish



Balanced and athletic

Eyes on hitter

Land with feet close
to square

Glove ready



BASEBALL FACTORY



Finish



BASEBALL FACTORY



Pitching Reminders

Delivery should be balanced, athletic and repeatable

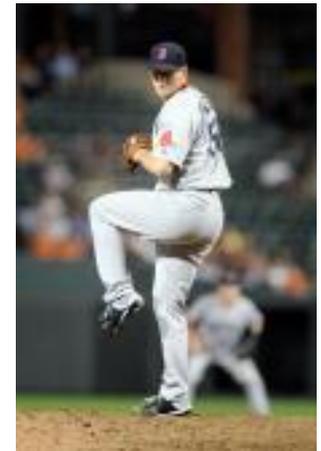
Commanding the fastball is the first priority

Release point should be the same for every pitch

Tempo should remain consistent

Stay aggressive on the mound

The ultimate goal is always to help your team win



BASEBALL FACTORY

