



West Bend “Warriors” Youth Baseball



GO WARRIORS!

Pitching checkpoint list (5) key points

Start up and pivot (checkpoint # 1)

1. Heels of the feet on the rubber pointed out slightly, toes on the dirt, body upright and relaxed
2. Starter step is small and quiet. Starter step should be at a slight angle. Key fundamental is to keep your head above your pivot foot.
3. Pivot foot should be in contact with rubber
4. Eyes remain focused on target with no head movement
5. Hands should form an upside down “V”. Helps keep throwing arm elbow inside or close to your body when hands break.

Balanced position (checkpoint #2)

1. Knee lift will vary from pitcher to pitcher. Key point is you can hold this position to 1008. Think in terms of a slight bow with your shoulders and back
2. Toe ideally should be pointed down
3. Should have some knee flexion in back leg and compact
4. Weight is on the back leg (THINK, STAY BACK)
5. Eyes stay focused on the target and no head movement
6. Movement is occurring into checkpoint #3, do not stop.

Balance point: Your head is in line with your belly button

Power Position and breaking of hands (checkpoint #3)

1. Hand and fingers should be on top of the ball
2. Hand leads and is outside of the elbow. Correct ARM PATH
3. Hands should break in the middle of the body or when lift leg knee is at hip level.
4. Think about getting your hand out of the glove and get your arm down, back and up. Think of your throwing hand thumb to the thigh. Also think “Pinky” to the sky
5. Path of arm should be in a Big letter “C” like fashion
6. Front shoulder remains closed, eyes remain on the glove
7. No head movement
8. Movement is occurring into checkpoint #4, do not stop.

Remember: Every pitcher will have a different style and the important thing is they do the fundamental things at each check point. When doing drill work on pitching it's always best to work out of the stretch position. Do drills specific to each checkpoint and then finish with a drill that includes all checkpoints.

Rotation or stride (checkpoint #4)

1. Feet should be toe to toe (straight line)
2. Snap your lead arm (glove hand) as if you're pushing someone and then drive down hard as if you were elbowing someone behind you. Think about keeping your glove hand palm facing your chest. Keep the glove side head inside the square of your shoulders and hips.
3. Arm should form an L, above shoulder length. Try to keep the forearm perpendicular to the ground.
4. Weight back (ALWAYS THINK WEIGHT BACK!). Arm should be up when lead stride foot lands.
5. Landing foot, think in terms of stepping on thin ice. This will help you to retain your weight on the back leg and prevent rushing. On your landing, weight transfer goes from a bent back knee to a bent front knee.
6. Pivot foot should remain in contact with the rubber till the ball is released. Think about staying back. Eyes remain on the glove and chin is going straight to target.
7. Average length of stride at big league level is approximately SIX SHOE LENGTHS

Throw and follow through (checkpoint # 5)

1. Think forward wrist and reach out when throwing
2. Throwing arm should pull upper body down
3. Eyes remain on the glove
4. Long arm follow through, finish past your opposite hip pocket
5. Trail leg should form a "V"
6. Head and chin stay still, good posture, with chin pointing right to glove. Head should not tilt.

Types of pitches:

1. Four seam fastball- Use more to get ahead in the count and when you want to pitch up and out of the zone.
2. Two seam fastball- Use more when behind in the count and when you want to throw the ball down in the strike zone.

Fastball grip should be thumb under the ball and fingers close together where you could slide your pinky finger in between. Think of a "loose grip" as if you were holding an egg in your hand.

3. Change up
 - a. three finger grip- a four seam fastball with one finger added
 - b. four finger grip
 - c. circle

Key with change up is ball is back in the fingers and you use the same arm action as if you're throwing a fastball. Location of the change up should be knee level or lower. O.K.

top miss a change up down in the dirt. Develop the habit of throwing your change up for a strike.

Our goal with each pitch is to create velocity, movement and location. We want you to really concentrate on getting that first strike. Get ahead of hitters in the count, which our four seam fastball should be the pitch of choice. If you can master the above pitching mechanics (which takes years of practice) control, movement and velocity will be part of each pitch you throw.

After you pitch the ball, don't forget that you now become an infielder. Field your position and know where you're going with the baseball if it's hit back to you.

PRACTICE, PRACTICE, PRACTICE!!!!!!!!!!!!!!!!!!!!