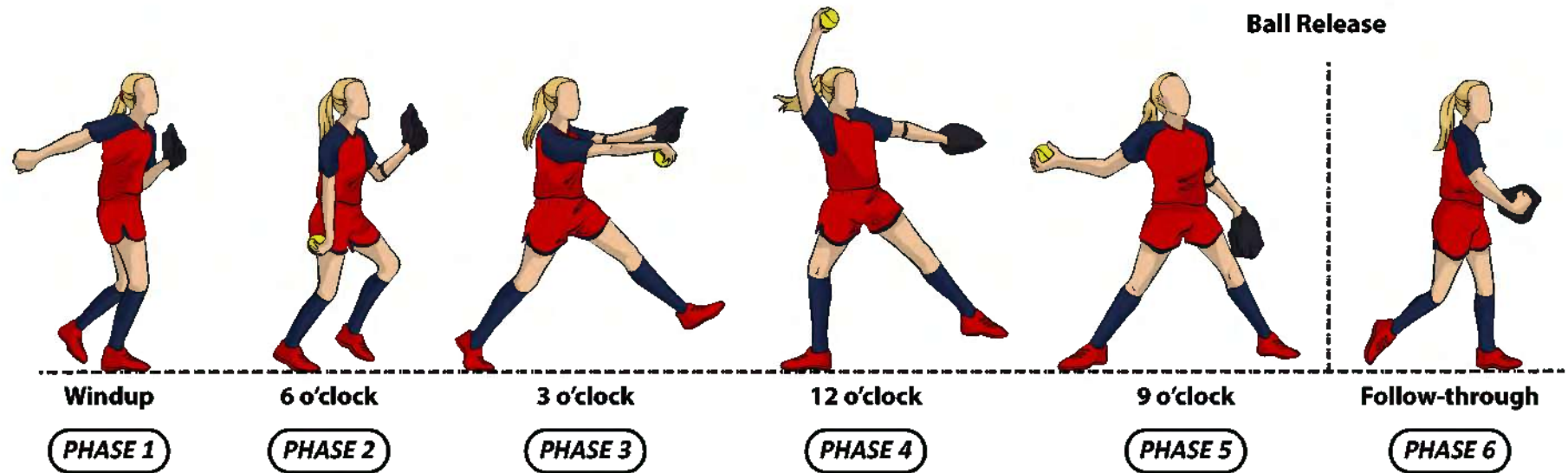


1.

WINDMILL PITCHING MOTION

Think of the windmill pitching motion as a series of points on a clock. In each phase of the pitch, the throwing arm (and ball) are pointed at a specific time.



2.

OPENING AND CLOSING THE DOOR

1. **Imagine four dots on your body** – one on each shoulder and one on each hip.
2. **Start in closed door position** – all four dots are facing down the power line toward the catcher.
3. **Drop for back swing and "open the door"** – all four dots now point away from catcher, perpendicular to the power line. Pitcher's glove is pointed directly at catcher, ball hand is up and behind the body.
4. **Slam the door** – bring arm with ball and back hip forward and all four dots are back facing toward catcher again.



Start with four dots facing the catcher.



Open the door.



Slam the door.

3.

BASIC FASTBALL GRIP

1. Place the pads of your fingers across the stitches of the “horseshoe” formed by the seams. The stitches will form a “C” when viewed from above. Thumb goes to the inside of the ball, remaining two fingers rest on the outside of the ball.
2. There should be a gap between the ball and the pitcher’s palm. Ball should be held with finger-tips, not palm.
3. Pitcher “pinches” the ball as she wrist snaps to propel it forward.
Note: If pitcher gets a blister or callous on her ring finger that indicates a correct grip. If a blister or callous forms on the first finger that indicates an incorrect grip.
4. To throw a changeup, push the ball deeper into the hand. This will increase friction and slow the ball down while still looking like a fastball.



4.

WRIST SNAP

Two Ways to Improve Ball Rotation/Wrist Snap:

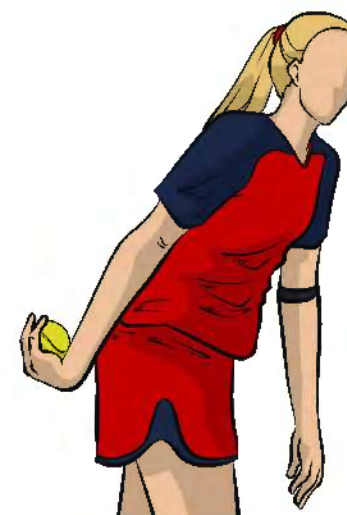
1. Grip the ball on the seams with your middle finger down the center of the ball. You can purchase a bi-colored ball (or paint one yourself) to track the proper 12 to 6 rotation.
2. Start bending your wrist slightly on the back swing. Then pop it open at the top of the motion so that your palm leads the hand through the bottom of the motion.



Middle finger down the center of a bi-colored ball

Good Wrist Snap Mechanics:

- Pitcher should be coming through the bottom of her arm swing with her palm leading so she can get a full snap of her wrist.
- Many pitchers only get a half a snap which limits speed of pitch.
- Swing arm should be in tight against body, lightly brushing thigh.
- Should be a sequential movement – wrist snap then elbow bends then shoulder.



Bending wrist on back swing.

5.

INCREASING VELOCITY

Good Mechanics:

- Stay balanced on rubber
- Feet shoulder-width apart
- Shift weight from front side to back side to front side & get arm going
- Get up on toe of push off foot, have push off foot slightly turned so you can pivot in middle of pitch
- Push off leg bent, upper body leaning forward
- Swing arms out and bring back leg forward

Specific Lower Body Mechanics to Look for:

- Stay balanced
- Good push off with legs
- Nice long stride
- Good drag and kick forward

Specific Upper Body Mechanics to Look for:

- Good whip of arm
- Good snap of wrist

Recap:

- Good drive with legs + Good whip of arm + Opening hips so arm has good path toward plate + Dragging back side through + Good timing on turn = Velocity on Pitch