

## How to Fix Your Mechanics

✓ Focus on body parts to fix mechanics:

a. 4 body parts to focus on

**1. Hips**

i. Builds momentum = longer stride

**2. Front Elbow**

i. 'Sharpshooter' at Foot Strike

ii. Keeps the glove chest-high as the shoulders turn to throw the ball

**3. Back**

i. 'Throw with a big chest' to keep the back straight like a catapult

**4. Front Leg**

i. Controls momentum to produce consistent Release Point



### Let the location of your pitch/throw tell you what body part to fix

✓ Pitch/throw = high

a. Cause: Slow hips = less momentum = Short stride = high release point

b. Adjustment: Quick hips = more momentum = longer stride = lower release point

✓ Pitch/throw = low

a. Cause: Back bends before Ball Release

b. Adjustment: 'Throw with a big chest' = back straight = higher release point

✓ Pitch/throw = inside/outside

a. Cause: Loss of 'Sharpshooter' = glove is not chest-high

b. Adjustment: Focus on 'Sharpshooter' to keep glove chest-high