How to Fix Your Throwing/Pitching Mechanics

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Stop teaching…

"Relax and throw strikes"
"Throw to the glove"
"Just have a catch"

Start teaching…

"Learn 1 way to throw, just as you learn 1 way to hit"
*"Pitch location will tell you what to focus on
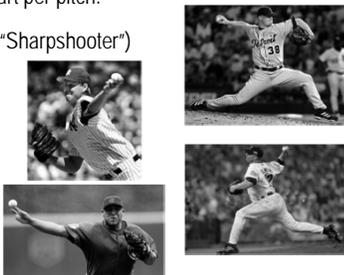for the next throw/pitch"*

What do I focus on?

Focus on 1 body part per pitch:

- ✓ Front elbow ("Sharpshooter")
- ✓ Back/Chest
- ✓ Eyes
- ✓ Front leg

The body part you focus on
will depend on the location of the previous pitch.

The Front Elbow ("The Sharpshooter")

The **MOST** important body part to control
for a consistent release point

- ✓ Keeps the glove chest-high
- ✓ If glove is not controlled → **Miss inside/outside**
- ✓ Analogous to hitting
    - Steady hands = steady swing
    - Steady glove = steady throw
- ✓ No more "tucking the glove"
    - ✓ Causes more movement → inconsistent Release Point
- ✓ Let's look at video…

Back / Chest

Don't throw "down", throw "out"

- ✓ No more teaching 'Follow Through' → ruins posture
- ✓ Seen/felt best during the 2-knee drill
- ✓ If back collapses before ball release → **miss down**
- ✓ You can also think
    "Throw with a Big Chest"
- ✓ Let's look at video…

Eyes

- ✓ The simplest way to find your natural arm slot
- ✓ **Stop teaching** *"Throw over the top"*
    - ✓ Produces an incorrect release point, increases arm stress
    - ✓ When shoulders tilt to 40 degrees → Elbow stress doubles!

    "Keep your eyes level at Release Point"

- ✓ If eyes tilt → **Miss high**

Front Leg

✓ The most overlooked body part

✓ Analogous to hitting (again)

       Just as our front leg strengthens as we swing,
      our front leg should strengthen as we get to Release Point

✓ Weak front leg → <u>miss anywhere</u>

Thank You!

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