

Throwing Drill #4

The Step-Behind-With-A-Kick Drill

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Goals of the Step-Behind-With-A-Kick Drill

- ✓ To **NOT** have a balance point during the leg kick

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THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS

PRACTICAL APPLICATIONS

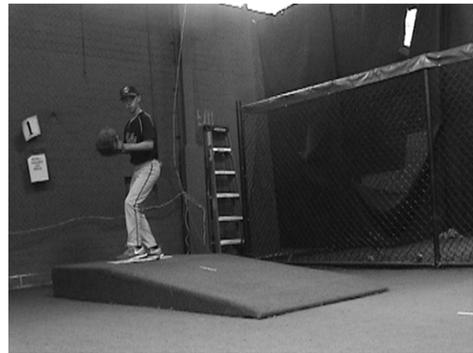
Based on the results of this study, we cannot recommend the indiscriminate practice of the balance-point position by college baseball pitchers to reduce pitching error. How-

- ✓ Maintain strong front leg to control momentum
- ✓ Biggest mechanics change when moving from flat ground to the mound → controlling momentum

Performing the SBWK Drill

- ✓ Start with front foot on top of the pitching rubber
- ✓ Lean hips over front foot
- ✓ Maintain a slow, steady tempo during leg kick
- ✓ Keep head movement level

Step-Behind-With-A-Kick Drill Video...



Thank You!



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