

ITALIAN BASEBALL ACADEMY



THROWING MECHANICS

“A positive/proactive approach to pitching and throwing.”

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Full

Windup and Stretch

1. Step back(full windup), straight back.
2. Hands at a comfortable position.
3. Ball in the glove
4. Arm path
5. Weight shift
6. Foot turn(full windup)
7. Weight distribution
8. NO BALANCE POINT!!!!!!

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Arm Action

1. Leave the glove with hand on side of ball.
2. Pendulum swing.(contract the medial epicondyle muscles to protect the UCL)
3. Point ball at 3B.
4. Approx 30° above horizontal.
5. Acceleration phase, height of ear(approx.)
6. Throw elbow up and forward.
7. Pronate during and after release.

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Leg Lift and Stride

- 1. Lift stride leg with Quad.**
- 2. Stride straight to target. I don't care what the MLB pitchers do!!!!**
- 3. Head stability.**
- 4. Heel to toe landing with proactive foot plant.**
- 5. Front side firms up.**

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Glove side mechanics

- 1. Point glove at target with 135° bend in elbow.**
- 2. Continue to keep GS shoulder pointed to target to foot strike GS. “SEPARATION”**
- 3. Create fulcrum with GS shoulder.**
- 4. GS KNEE STARTS SHOULDER ROTATION!!!!!!**
- 5. Bring glove to chest and tuck elbow to side.**

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Back side mechanics

- 1. After stabilization of front knee, start hip rotation forward.(Timing)**
- 2. Don't fly-out with AS knee.**
- 3. Pass AS knee in front of GS knee.**
- 4. Don't pull head to GS to move AS hip forward.**
- 5. Finish with AS shoulder pointing to target.**

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Back side mechanics(cont.)

1. **Back foot:**
 - a. **Back foot needs to push slightly off the rubber, through the middle of the foot.**
 - b. **Weight stays in the middle of AS foot.**
 - c. **At heel strike AS foot should move forward following the AS knee towards GS knee.**
2. **AS hip should rotate with shoulders pointing towards target at finish.**
3. **AS shoulder pointing towards target at finish.**

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***“Keep the ball down and create plane”
Thank you!!***