

“Feet, Legs and Hips, a foundation to effective pitching and throwing.”

Paderborn  
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# A too common conversation

Coach: Make sure you use your legs to throw, son.

Player: OK, coach.

Coach: You're not using your legs, drive your body to the target.

Player: Ok, coach.

Coach: You're not using your legs. Come on!!!

Player: Coach, I'm trying!!!! How do you want me to do it?

# Starting position



# Step back and foot turn



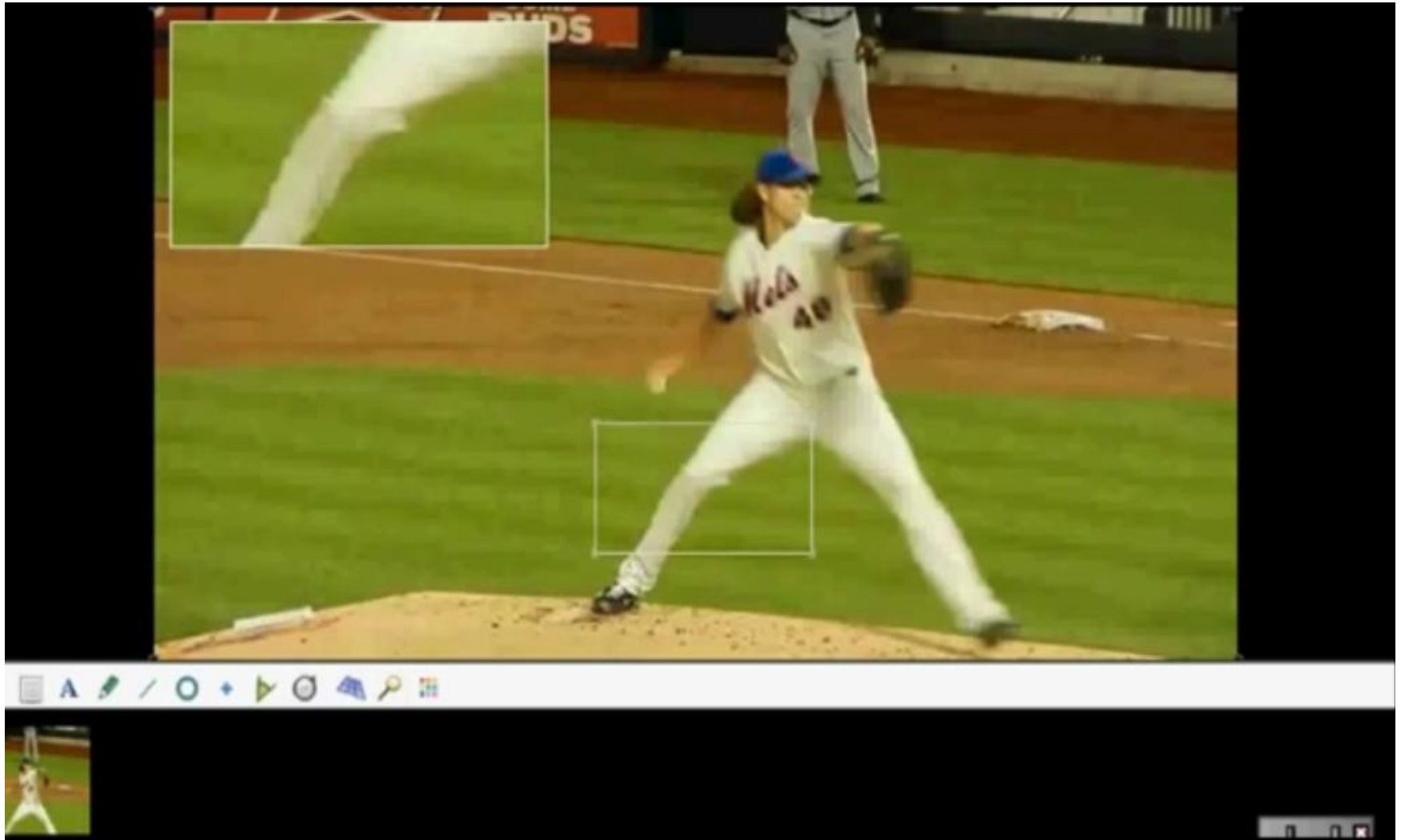
# Leg lift



# Stride

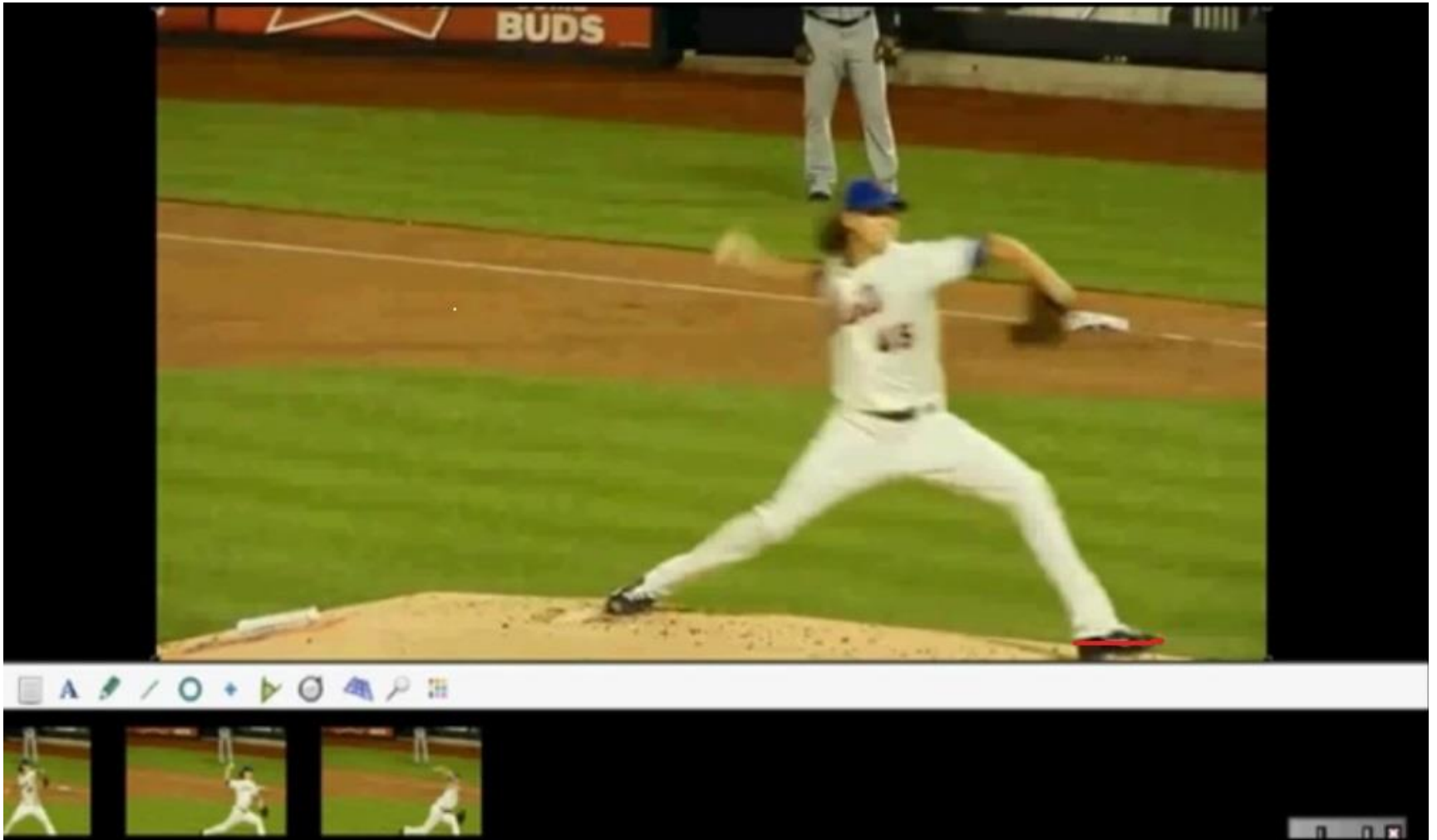


# Back knee drive





# Stride foot opens and heel strike





# Complete foot plant



# Firm foot plant and start of rotation



# Push back with GS knee and hip rotation



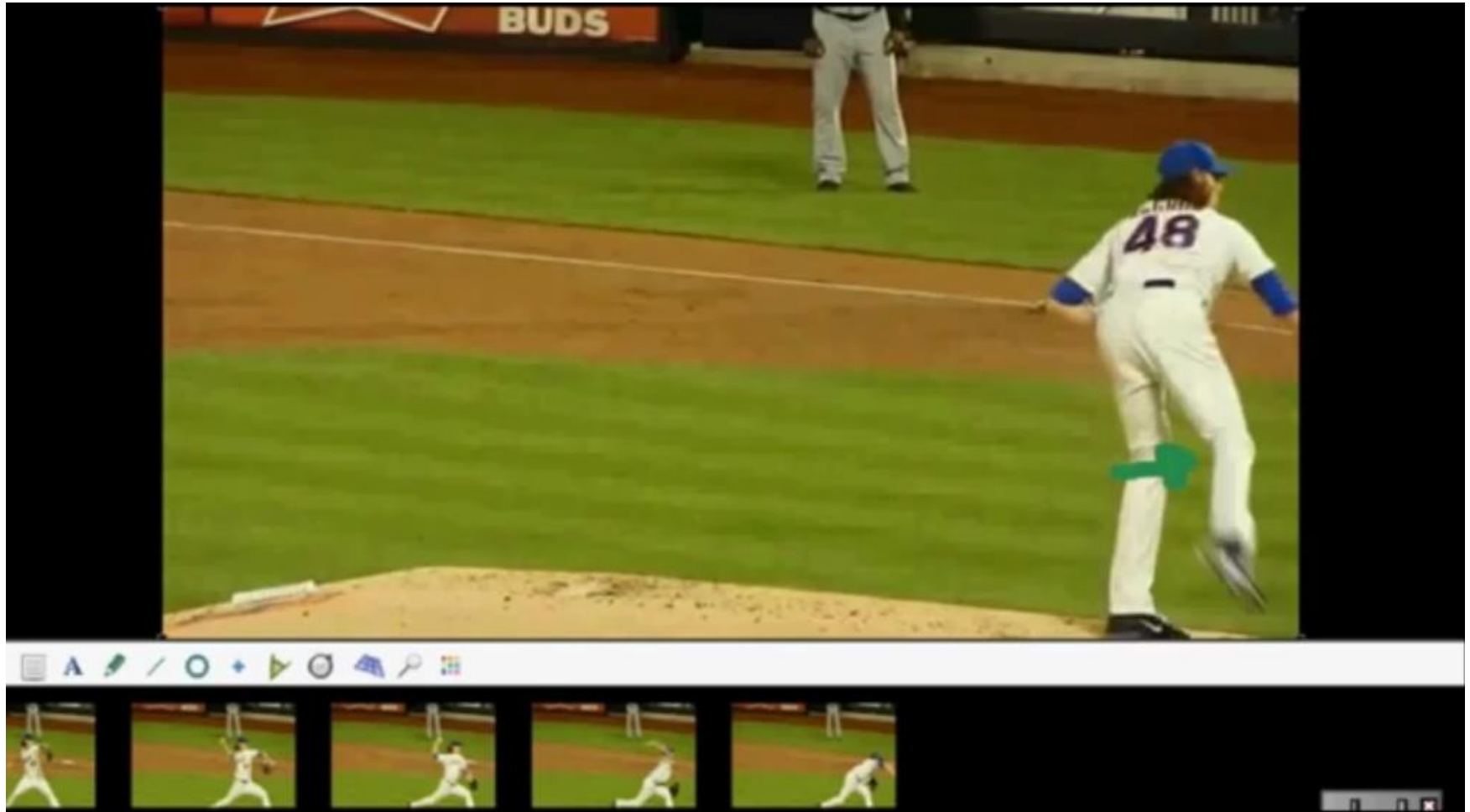
Continue push back with GS knee and hip rotation



# AS knee passing in front of GS knee



# Back hip finishes facing target





## How the sequence works!!

1. AS foot should have the heel of the foot against the pitching plate.
2. GS leg should be lifted with the Quad and not the Glute.
3. GS foot should be under GS knee.
4. At stride with GS leg, AS foot should continue to remain firmly against the pitching plate.
5. AS knee should not be outside the AS foot.
6. GS stride foot will follow a direct path to the target.
7. GS stride foot will allow a dynamic foot strike.
8. GS knee will be slightly bent at foot strike, approximately  $120^\circ$ .
9. AS foot will remain against pitching plate until GS foot plant.
10. AS knee will turn in towards GS knee.
11. During the rotation of the hips, the GS knee will dynamically straighten to allow complete hip rotation into release.
12. AS hip and foot will rotate just in front of the GS knee.
13. The GS shoulder will be pointing at the target after deceleration.
14. GS shoulder is the fulcrum around which the pitcher rotates.