

Pitching Mechanics  
for a video review go to:  
[www.marinphysicaltherapy.com](http://www.marinphysicaltherapy.com)  
and click on the pitching video link



**Below is a list of the phases or steps of proper pitching mechanics.**

**I recommend that you review and work on the following:**

- 1. 45<sup>0</sup> transfer step**
- 2. Pivot**
- 3. Lift and load.**
  - Front knee lined up with back knee.
  - Front knee higher than waist.
  - Shoulders closed to the target.
  - Stance leg straight.
- 4. Flex and glide forward**
  - Flex back leg, glide forward.
  - Shoulders still closed.
- 5. Power position**
  - Both arms extended, elbows slightly flexed.
  - Glove pointing backwards, fingers on top of ball.
  - Continue gliding.
  - Don't drive off back foot yet (may cause opening up too soon).
- 6. Dynamic Energy Change (rotary to line)**
  - Front foot opens toward plate.
  - Glove pulled into chest.
  - Hips and back knee drive forward from back causing rotatory force.
  - Ball approximately ear height, fingers still on top of ball.
- 7. Hip Roll and Follow-through**
  - Hip roll.
  - Head upright looking at target.

Notes: