

The stages of the pitching delivery are:

1. Stance
 - a. Full windup
 - i. Stand on rubber facing home plate
 - ii. Athletic position
 - iii. Ball in hand in glove
 - iv. Rocker step to glove side keeping balanced
 - v. Pivot back foot flush against front of rubber
 - vi. From this position, player can go into leg lift
 - b. Stretch
 - i. Simpler of two and frequently used to teach young pitchers
 - ii. Start with back foot flush to rubber, ball in hand out of glove behind back hip
 - iii. Set position is bringing feet together, ball into glove relaxed in front of chest
 - iv. From this position, pitcher shifts weight to back leg and begins leg lift
2. Leg lift
 - a. Bring glove side knee up thigh parallel to ground and slightly towards back shoulder
 - b. Maintain balance and body control, lower body should be loaded and ready to move forward to deliver the pitch
 - c. Push off the rubber, lead with front hip, bringing energy down the slope
3. Break
 - a. Pitcher begins movement to the plate with the break the hand from glove
 - b. Focus on the catcher's mitt
 - c. Thumb to thigh, reach for the sky
 - d. Arm should be at top of slot when front foot hits ground
4. Power "T" Position
 - a. Plant foot on ground, wide base, glove side elbow pointed to target, throwing elbow above shoulder and ball on top with back of hand facing target
 - b. Glove side shoulder tilted slightly higher than throwing side
 - c. Stride should have direction and alignment towards plate
 - d. Back foot still engaged on rubber
5. Release Point
 - a. Now pitchers' upper body and momentum has shifted over top of glove side leg
 - b. Throwing arm accelerate toward catcher and pitcher should feel as though they are staying behind the ball as long as possible
 - c. Ball should be released out in front with as much extension on a downward trajectory
 - d. After release, a natural pronation should occur
6. Follow Through
 - a. Now the pitch has been thrown, follow through will help slow the throwing arm
 - b. Abrupt stoppage of arm leads to injury
 - c. Pitcher should finish motion with a flat back
 - d. Let arm follow and stay strong on plant leg
 - e. Finishing on balance helps to prepare to field