

01.23.2025

My Recipe: How to build a pitcher from scratch



Hi! I'm Coach Dana



- Armada, MI
- Coaching since 2015
- Experience:
 - Previous High School & Travel Coach
 - Current Private Pitching Coach
- My Journey and Training

Overview

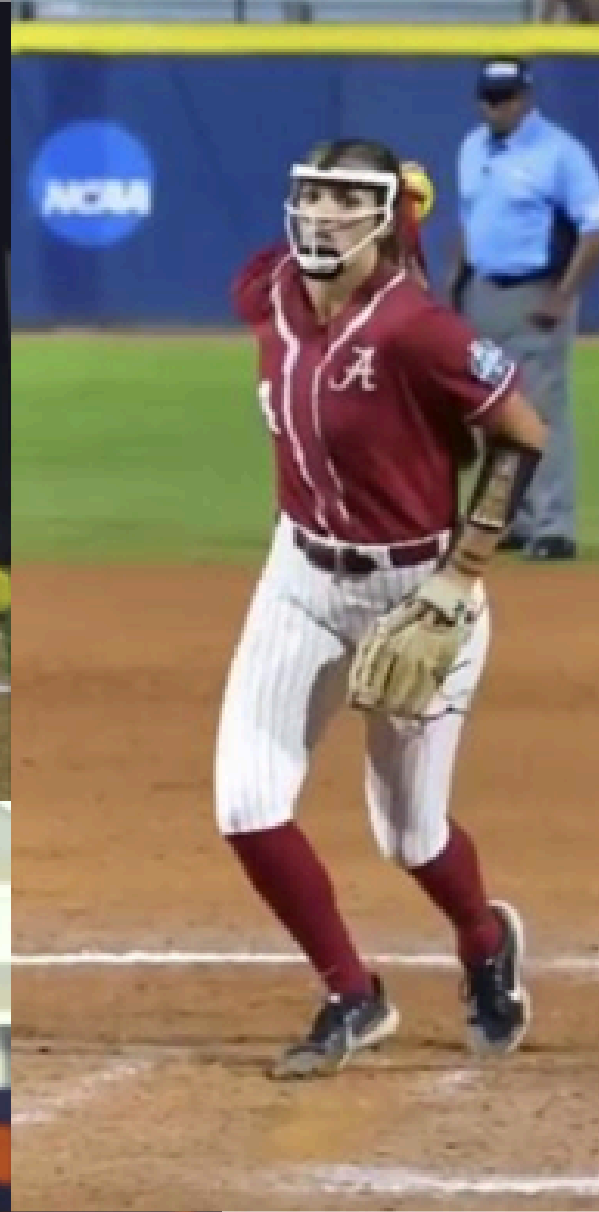
- **Fastball Mechanics**
- **My Absolutes**
- **Common Mistakes**
- **Live Demo**
- **Q&A**



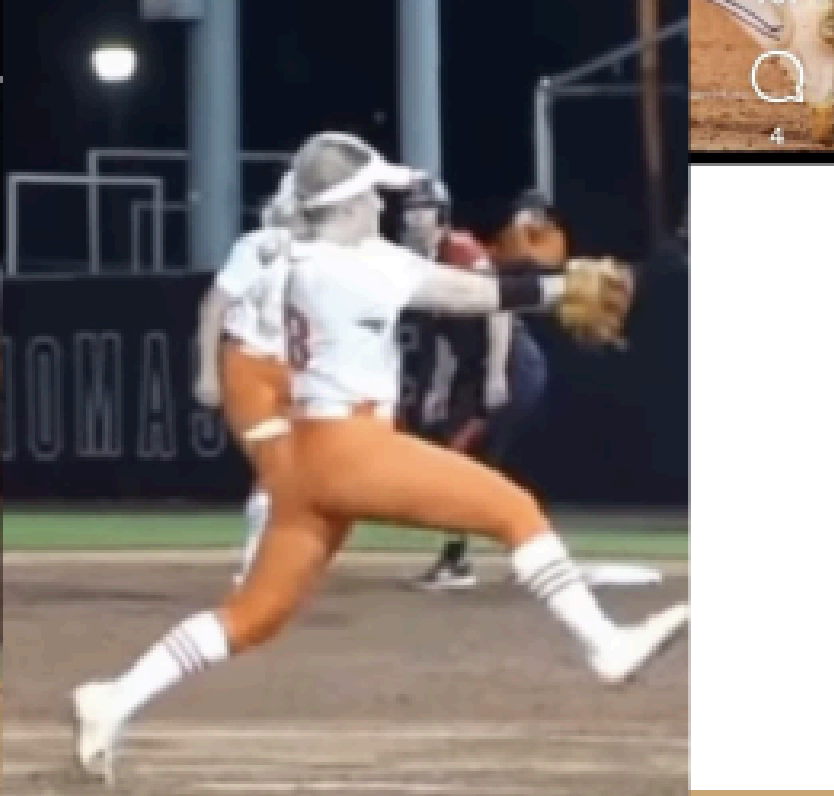
Fastball Mechanics



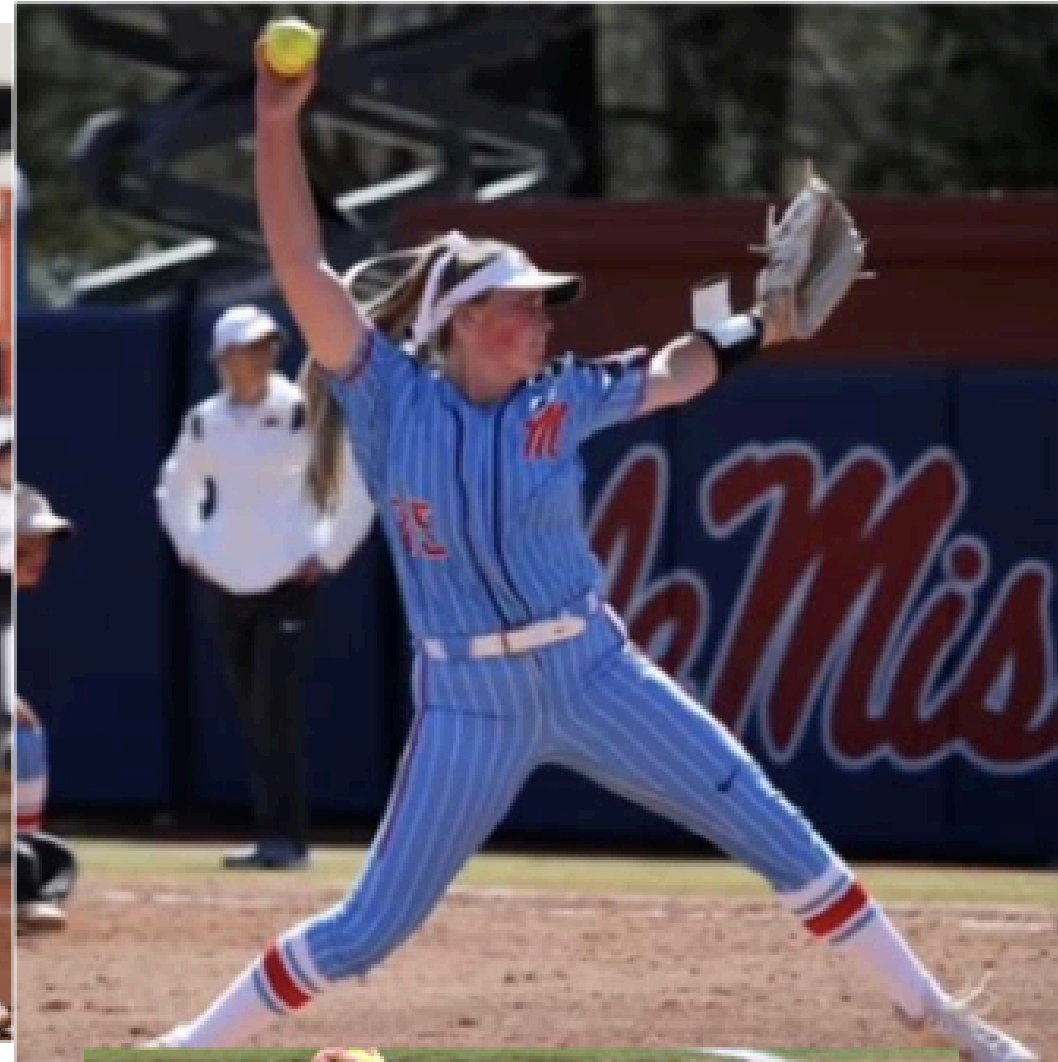
Load



Launch & Glide



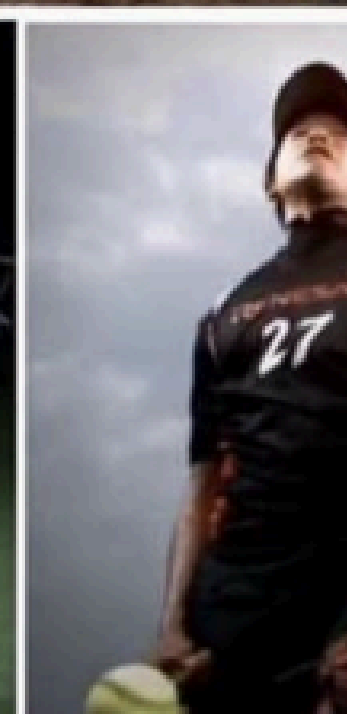
Power K / "Open"



“W” (Whip Sequence)



Release & Resist









My Absolutes

- **Limit Variables**
- **Speed and Accuracy go TOGETHER if we have good TIMING**
- **Body awareness will take a pitcher further faster**
- **Sticking a STRONG finish**



Common Mistakes



Straightening out Drag Leg/ Weight forward through "Glide" and landing





Great examples of staying stacked





Arm Swings Off Path





Arms swings on path



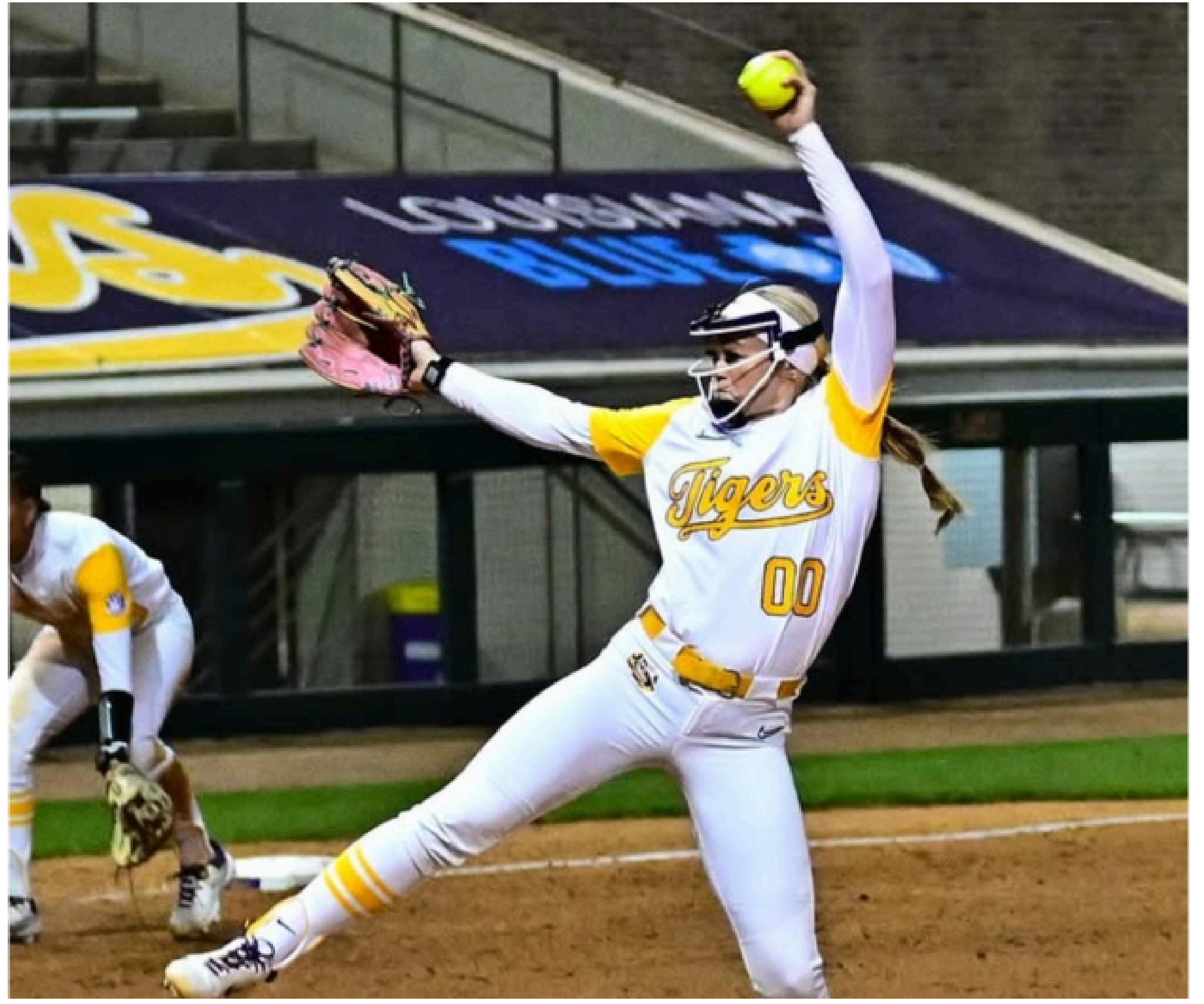


Arm going over the head "Lasso"



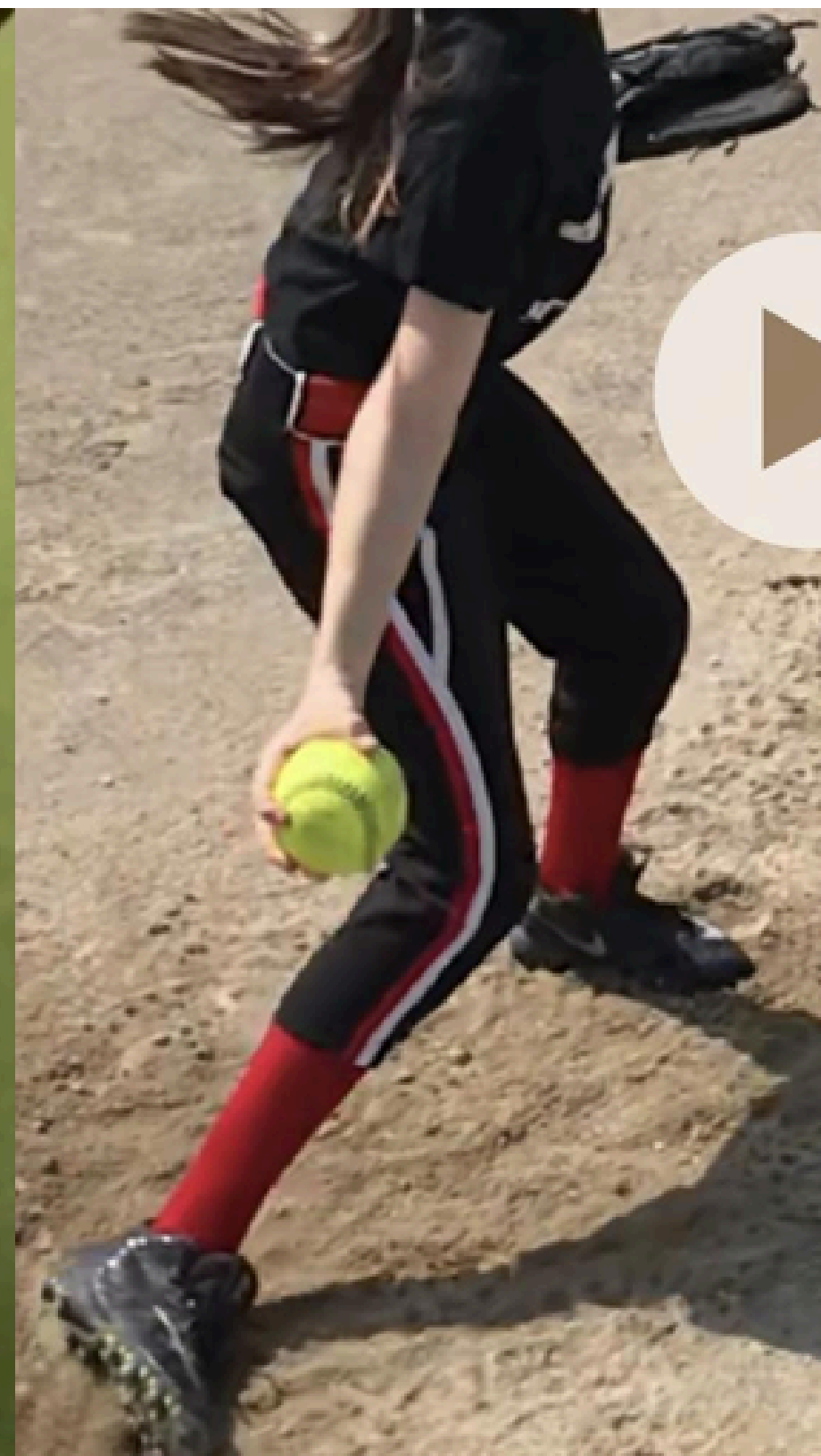
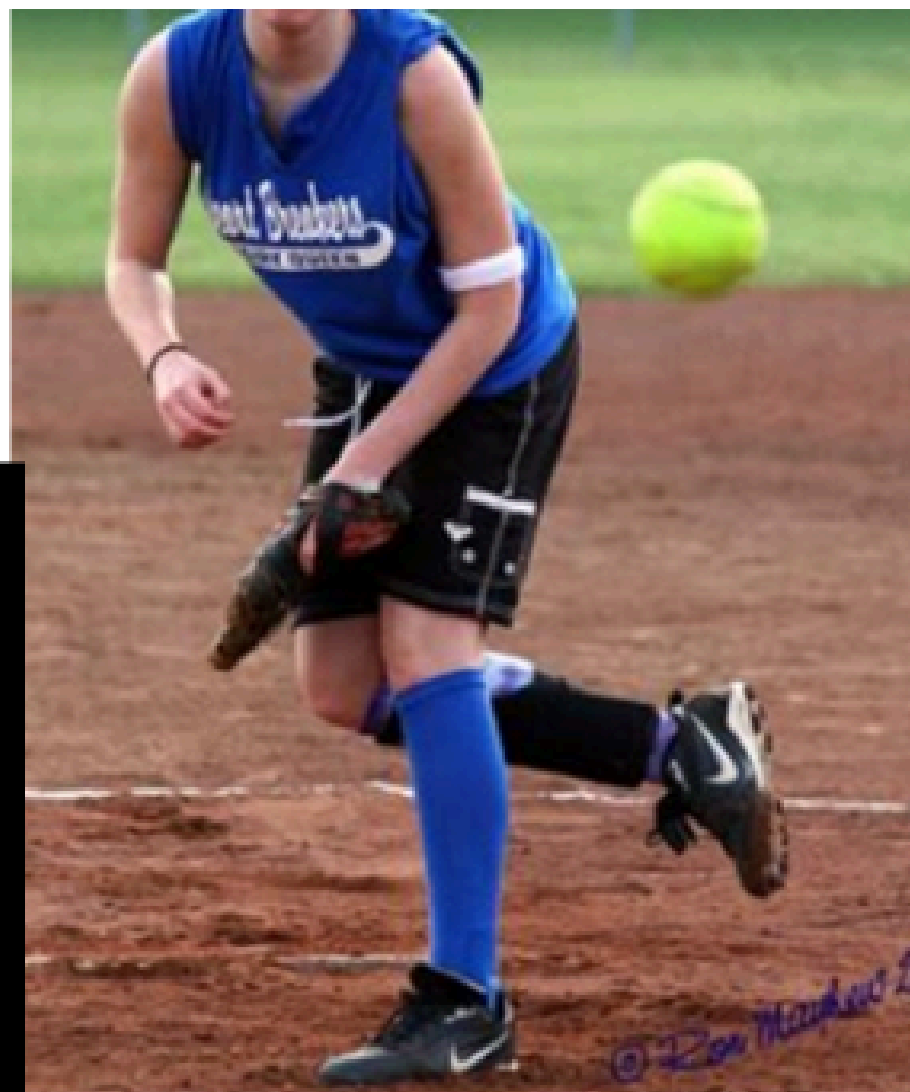


Long Arm at the top of the Circle





Scrunching/ Bending/ Leaning





Great Examples of a Strong Core/ Shoulders above hips





Live Demo

Thank You!



CONNECT WITH US

[Pitchingwithdana.com](https://pitchingwithdana.com)

EMAIL: [PITCHINGWITHDANA@GMAIL.COM](mailto:PitchingwithDana@gmail.com)

INSTAGRAM: [@PITCHING_WITH_DANA](https://www.instagram.com/@Pitching_with_Dana)

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