

Baseball Pitching Mechanics Checklist



Setup



Rocker Step



Pivot



Balance Position



T-Position



Glove Tuck and Release



Follow Through



Back Heel Kick



Fielding Position

- Stance:** Stand squared up to home plate, with your weight evenly distributed on each leg
 - The front half of the pivot foot should be in front of the rubber
 - RHP should work from the right edge of the rubber. LHP should work from the left edge. This maximizes the angle of the pitch approach to the hitter.
 - Put the wrist into the palm of the glove to hide the ball and receive the sign
 - Keep your eyes on the target
- Rocker Step:** Take a short, compact step straight backwards, away from the plate.
 - Bring both hands up and back to the button on the cap
- Pivot:** Drop the pivot foot in front of the rubber and square off parallel to it
 - RHP will point their foot to 3rd base. LHP will point to 1st base.
 - NOTE:** throwing from the stretch (or "set") position eliminates the rocker step and pivot
- Balance Position:** Raise the stride knee up to a 90° angle, pointing your foot parallel to the rubber and showing the hip pocket to the batter
 - Raise the stride leg in a controlled manner – do not kick or lurch to the balance position
 - Relax the foot and allow the toe to point toward the ground – no tension in the leg
 - Bring the hands up to chest level, keeping the ball inside the glove
 - Keep a slight hunch forward. Do not lean back or you will lose balance
- Separation and Stride:** Break the hands in a thumbs down position, over the stride knee, while driving the stride leg forward, stepping into the hole
 - As the stride foot makes contact with the ground, the arms should be outstretched at shoulder height, forming a "T" Position
 - Minimize stress by landing with a bent front knee during foot strike
 - Keep a firm back pivot leg. Do not collapse, or drop and drive
- Release:** Pull the glove hand hard into the armpit, allowing the throwing side to accelerate towards the plate
 - Lead with the throwing elbow, keeping the fingers on top of the ball
 - Drive the chest forward over the stride knee
 - Snap the elbow to full extension as the ball is released
 - Back foot comes up off the rubber
 - Back heel kicks up and over to complete the weight transfer forward
- Fielding Position:** Gain your balance, pinch the knees, and get into an athletic fielding position

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