



Rock back on the rubber, weight back, “throwing” heel down and toes may or may not be up in the air



SAGITTAL PLANE

Weight still back, Bend forward at the waist, "throwing" Toes are up, arms swing Back, Winding up



Bend and drive forward, wind up is complete as forward motion starts



Stride Forward – Pushing off with throwing foot and striding out with the stride foot. Both arms are swinging forward. This portion of the windmill is very similar to a one-footed broad jump. Drag foot never leaves the ground, thus it is the “drag” foot. Body is about to turn sideways to target.



Glove arm remains at 9:00, pointing at target while the throwing arm continues its circle thru 12:00. Body turns sideways to target.



e ... continues thru release (at 6:00). On the windmill
il ... head, start its downsw

Stride foot comes down and plants (sideways to target) as downswing continues thru release (at 6:00). On the windmill downswing, at about 3:00, the glove arm which has been pointing straight ahead starts its downswing too. (up together/down together). Approximately 3:00 is the start of the third quarter- which looks like the position illustrated here.



Release the pitch when throwing hand is passing the thigh. The body is still sideways to the target but begins to “close the door” at release. Arm leads and hip follows. This is the completion of the third quarter. From 3:00 – release is where the arm gets all the power to the pitch. The release is at the end of a whipping action, like skimming a rock on the water.



Following release the pitcher is upright, back could be arching. With pretty much all of the weight on the front foot. Drag foot follows with toe in the dirt until release.