

I. Arm Circles -

- stand facing the wall. Arm traces circle on wall
- pinky, pinky, palm, palm, thumb, release
- Basic motion, note hips stay open

II. Basic "T"- Body Sideways to target, face is still looking at target

1. Sideways to target, feet comfortably spread apart and straight (feet sideways to target)
2. Glove shoulder pointing at target
3. Glove and ball hands go up together to shoulder height ("T" position)
4. Glove and ball hands come down together and release at 6:00.
5. Body is sideways to target, but face is always "facing" target.
6. Do "Up together/Down together" (2) times then throw on "3". (Can push off on ball of rear foot.)

III. "Flamingo "T"

1. Same as above but bend knee and lift lead leg off the ground so you are standing on back leg as you bring arms up
2. Do "Up together/Down together" (2) times, (stepping forward with each downswing), then throw on "3". lead foot is sideways to target as you step forward

IV. "K"- Up together/Down together

1. Stand with arms by your sides, glove shoulder toward target, ball in throwing hand.
2. Reach back with the ball while reaching toward target with glove (raise them up together) and raise the glove foot just off the ground, ready to step. ("K" position)
3. Step into glove side (stay tall) and bring both your glove hand and your throwing hand down together and release the ball - Glove shoulder still facing the target.
4. Body is sideways to target, but face is always "facing" target.
5. Do "Up together/Down together" (2) times, (stepping forward with each downswing), then throw on 3.
 - lead foot is sideways to target as you step forward

V. "Rocking "T" - Pendulum motion. (Resembles ice/speed skating)

1. Step and shift weight back and forth from throwing side to glove side like rocking a baby or skating. (At first without the ball, feel the motion)
2. With the ball in your hand, start swinging your throwing arm with this pendulum motion. Get into a rhythm and then....
3. Bring ball up about head-high behind you as you shift your weight back and then...
4. Downswing and shift weight forward as you step. Bringing ball from head-high (behind you) thru 6:00 and follow thru.
5. Step and Swing arm back as you shift your weight back, raising ball up behind you and then...
6. Downswing and shift weight forward as you step. Bringing ball from head-high (behind you) to release at about 6:00 and follow thru.
7. From step 3, Count (1, 2, 3, 4) as you do steps 3, 4, 5, 6.

Note: stand tall when weight is on glove/forward side. Don't lean forward.

VI. The Windmill Pitch

1. **Foot position:** start facing the target with the throwing foot slightly in front of the glove foot.
2. **Hands** by your sides, ball in glove, not throwing hand.
3. **Bring hands together-** some people call this "*presenting the ball*". Give it a second before you proceed.
4. **Separation:** The pitch officially starts when your hands come apart after presenting.

The Delivery:

1. Bend forward and swing arms back,
2. stride forward with "stride foot" as both arms swing forward
3. Glove arm pointing toward target as throwing arm continues its circle
4. Stride foot lands and arm circle finishes with whip and release as weight is shifted to front foot.
5. Pitcher finishes standing tall on stride foot.

Detailed Notes for Coach: (not necessary for everyday practice, only if you want detailed info about each phase of the pitch.)

1. Rock back on the rubber as you bend forward (bum back, lean forward as you get lower) arms swing back, "winding up", weight back, "throwing" heel down and toes in the air,
2. Stride forward - toes come down and push off with throwing foot, striding out with the other-
 - A. Both arms reach forward for the beginning of the windmill (9:00), then the Glove arm remains pointing straight ahead as body turns sideways to target and throwing arm continues thru the windmill motion passing from 9:00 thru 12:00 to the downswing .
 - B. 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).
3. Stride foot comes down and plants (sideways to target) as downswing continues thru release (at 6:00).
4. Release the pitch when throwing hand is passing your (throwing-side) thigh. Your body is still sideways, but begins to "close the door" at release. Arm leads and hip follows.
5. At release, you are upright, back could be arching, weight on the front foot, drag foot following with toe in the dirt. (Toe must remain in contact with the ground until pitch is released.)

VII. Walk-thru practice- Start with feet together facing forward, and start walking (you can do this with a ball in your hand but don't let go.)- Count each step (1, 2, 3, 4)

1. Take step forward with throwing-side foot
2. Take next step forward with glove foot
3. Take next step forward with throwing foot and THEN, after that foot comes down, turn sideways and swing your arm over your head in a windmill motion that finishes as step #4 lands on the ground. (1-2-3-turn-and-throw/4, 1-2-3-turn-and-throw/4, etc.)
4. Repeat and keep turning sideways and doing the windmill throughout the third step into the fourth.

VIII. Walk-thru pitching -

1. Like above but walk into a pitch on step 3 and RELEASE
2. ...and keep walking.

IX. Snap it into your glove

1. Hold glove open in front of glove thigh, facing back
2. Start with ball in hand beside glove
3. Do a complete windmill with throwing arm, releasing the ball into the glove at the end.

Some related notes:

Terminology:

“**Throwing foot**” is on the same side as the hand that you throw with. It may also be referred to as the “*pivot*” foot or “*push*” foot because as you stride forward with your other foot you push-off with this foot. Then it becomes your “*drag foot*”- after you push off, the toe of this foot draws a line in the dirt as the push isn't upward, its forward. Like a one-legged broad jump except the drag foot is required to maintain contact with the ground as it drags behind. If the drag foot leaves the ground and the pitch is released it is considered a **leap**, which isn't allowed and if the leap is followed by the stride foot planting and *then* the pitch being released, it is called a **re-plant**, which also isn't allowed. Either case would be reason for the umpire to call it an **illegal pitch**.

“**Stride Foot**” (or “glove foot”) is the other foot, on the same side as your glove hand. Stride foot starts behind the other, taking one long step forward as you execute the delivery. As this foot completes the stride, it becomes the fulcrum against which the arm can whip, delivering the pitch.

“**Delivery**” is what I’m calling the whole pitching motion prior to releasing the pitch. The windup and delivery are seamlessly incorporated into one motion, so whether doing the *Slingshot* or *Windmill*, the whole pitching motion is rolled into one sequence.

“**Third Quarter**” is what we call the last portion of the arm circle from about shoulder height/ 3:00 to release (at 6:00)

“**Open**” and “**Closed**”- think of a door in the pitching circle as seen from the batter. You are *Closed* When you are standing on the rubber facing the batter. You are *Open* when you are sideways to the batter.

Slingshot: This is simpler than the Windmill and everything that is used here will be used in the Windmill. Basically its the tail-end or “Third Quarter” of the Windmill.

Sue E’s whipping arms from side to side (laundry Agitator) and then add a step. (Do this between “T” and “T with a step”)

Keep pitching arm loose, like spaghetti- never rigid.

“Speed skating” pretend skating and then shift the weight a little more aggressively until its kind of leaping from side to side.

Skipping a rock

Broad Jump

Sock Ball drill/practice (warm up first)- <https://youtu.be/NoRJnKq3ZGk>

Amanda Scarborough HD Slo-mo: <https://youtu.be/avcEmdxuc30>

Beth Torina -3 basic drills: <https://youtu.be/NoRJnKq3ZGk>

Bill Hillhouse - 3 drills (at 6:45): <https://youtu.be/v2E4rIUNiBI>

Being a pitcher is great, but learn how to play as many different positions as you can.