



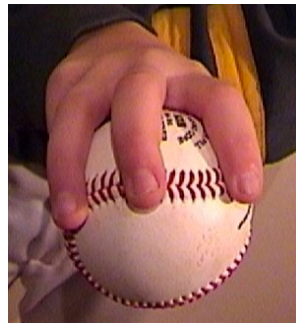
78TH PRECINCT YOUTH COUNCIL

Drills & Training Instructions

BASEBALL – PITCHING BASICS THE GRIP AND PROPER FORM

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THE GRIP: Start with the 4 seam grip – Using 2 fingers is best, but start with 3 fingers if the hand is too small. There should be a space between the ball and the palm (fig 3 – that is a 2 seam grip but the picture is to show the space). Fingerpads should be on the laces. Do not squeeze the ball tightly. The wrist should be loose.



THE BASIC MOTION: (Tall & Fall Delivery)

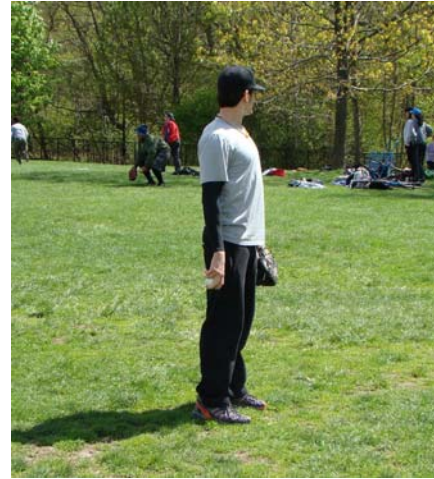
Three steps:

1. Start Position (Stretch Delivery)
2. Loading Up
3. Release

(This is intended for beginners and to solidify the fundamentals. The starting position is not appropriate for use when balks can be called.)

1. **Start Position (Stretch Delivery)**

Legs equally balanced, about shoulder width apart. Hands down. Front shoulders pointed to the target.



2. **Loading Up**

Lifted leg should be in front of the body causing the body to look like an 'h' – NOT with the front foot tucked under the butt. Hand with the ball should move up in a circular motion so that when the ball and hand are high, the ball is facing the center fielder. Important drill – holding this position to learn to be in quiet balance before continuing.



3. Release & Landing

Upper body should be straight, bending should be at the knees, ball should be facing the centerfielder. Pitch starts with a weight transfer from the back leg to the front leg – do not lean the upper body back or forward. Fall toward the batter and do not turn the body until the front foot hits the ground. The chest should come to the glove hand and the back foot should be drawn forward by the momentum of the body. The ball is released out in front of the body at the target. The front leg should be pointing toward the target with its foot pointing slightly right of the target (left is a lefty).

