

Homework Number 5 – Pitching Form

How to correctly Pitch a baseball. **BARF**: **B**alance (Active Balance); **A**cceleration; **R**hythm, **F**orce.

1. Start with a Good Four-Seam fastball grip.



2. Wind Up: Pitching from the stretch is easiest for young pitchers. Start in the prayer position. If you start from the wind up: face the batter in a balanced stance.



Point your glove-side shoulder and hip to the target.

Balance your weight on the balls of your feet.

3. Balanced: Initiate the throw bringing your glove and throwing hand to the chest.

Lift your glove side leg to a slightly closed position.

This is your **Active BALANCE** position. Keep your eyes on the target.



4. Transition to the power position. The throwing motion is a circular. The ball hand separates from the glove, making a circular motion back to the power position. Some say:

1. Thumb to thigh,
2. Reach for the sky,
3. Show the center fielder the ball.

At the same time the glove side is moving forward as you make a big stride. At the end of this move, the pitcher should be in the power position shown in number 5.

5. **Power Position**: Hand on top of the ball, glove side high.

Hand on top of the ball

Elbow points to the target

Stride towards home



6. **Long Follow Through**. Everything is going towards the target. Walk through and end up in a good fielding position.

Your forward momentum should make you walk through and end up in a good fielding position.



Homework Assignment: Warm up and make 20 pitches a day to start building arm strength. Warm up for 10 – 15 minutes before you pitch. Start with basic throwing, gradually adding distance to stretch out and build muscle.