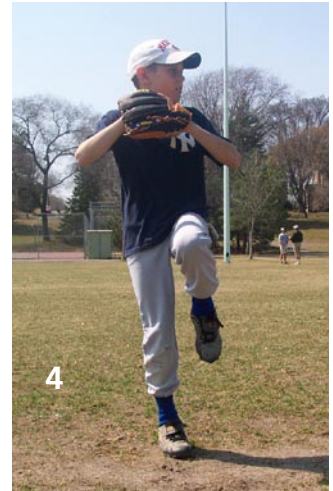


Pitching from the windup position:

Learning proper pitching mechanics is essential for all players, especially for ages 11 and older. Solid windup mechanics can give a young pitcher extra momentum which adds substantial velocity and accuracy. We recommend that players younger than 11 pitch from the stretch position simply because it has fewer steps, and thus makes it easier for a young pitcher to throw strikes consistently.



Six Simple Steps:

- 1. Establish proper grip first and focus eyes on target while in an athletic stance with knees slightly bent and wider than shoulder width.**
- 2. Rocker Step back at 45° angle.**
- 3. Pivot into balance position**
- 4. Balance knee to 90°; eyes on target, glove to chest.**
- 5. Swing arms to T position, with thumb down.**
- 6. Follow-through.**