

## Pitchers Progression Throwing

After the pitchers understand this, I recommend allowing them to quickly toss just to loosen up for 30-45 seconds before starting. Then do # 1 for about 20 seconds, and the rest for about 60-90 seconds each, adjusting to fit your teaching points for the day. Once you get to step four, throw a 2 seam FB, a 4-seam FB, then a change up, then repeating this sequence for the rest of the time.

1.           Wrist and forearm only  
              Start with left hand under a high throwing elbow. Be Loose –Release any tension. Check FB Grip.
  
2.           Check Point  
              Start set, go game rhythm to power position (check point) and stop. This is the point where the front foot hits the ground and both elbows are all the way up – Check alignment, elbows up at shoulder height or higher and aligned with target, front toe open, hip closed and knee as closed as possible. When you are good, rotate quickly to release out front, finish with back little toe on ground, no step through.
  
3.           Release out front drill  
              Start at release point. Chest over knee, chin over toe, back foot pivoted and up on the toe, completely. When you are good, rock back to something near your balance point position, then throw, releasing the back side for a consistent release out front.
  
4.           Figure 8s  
              For a smooth Upper Half. Start strided out, hands together. Make a figure 8 with your hands starting down and forward. Separate the hands at the completion of the first circle. Smoothly pass the check point and throw, following through by releasing the back foot. Continue to get out front and mix in lots of change-ups by this time.
  
5.           Low Primary Balance  
              Start with hands in front of chest, but separated in that the ball is not in the glove. Front foot is just slightly off the ground. Hold for a moment, then stay directional and throw, getting to a consistent release out front.
  
6.           Primary Balance:  
              Start with hands together (if you like) and knee at its peak. Pause. Slightly load if desired and throw, passing the low primary balance point on the way to your release point out front.

RHYTHM SECTION

7.       Rhythm 1  
          Hands and front knee rising together a few times until ready to throw. Be smooth on throw. Remember to mix in Change-Ups.
8.       Rhythm 2  
          Rock back and forth from front foot to back foot until ready to throw. Hands are together in front of your chest. Do not change the lower half rocking rhythm when you actually throw.

#### PITCHING SECTION

9.       Knee to Knee – Get the arm up to keep the good rhythm.
10.      Knee Lift – Knee should get to hip height or higher.
11.      Wind Up – Minimize head movement on rocker step. Don't go too slow (be under 3.0 sec.)