

## Pitching – Pre-game Warm Up

It is very important that coaches ensure there is adequate time to warm up their pitchers. Improper warm-up could result in injury to the pitcher.

### **Wrist Flicks:**

Use just your wrist, if possible, minimizing hip rotation (tell them to square up their hips) 10-20 of these should suffice for a warm up. When they start throwing other pitches, they can use this drill to practice their releases for those pitches

### **T's:**

Relaxed arm position (it's more natural and realistic than a stiff arm) can be done without the stepping and dragging to isolate the arm movement, 10-20 of these should suffice.

### **K's:**

- This picture below is a pretty good K position. This pitcher is a bit more advanced, so her weight isn't as far backwards because she's focusing more on leaping off of the mound, elongating the "K."
- Hips should be completely open, and stay open until the arm has gone through on the power line, the hips slamming "shut" shortly after that.
- Arm swings down on a straight line up, back, and following through (make sure that their arm doesn't wrap back past their shoulders, it should be on the power line the whole way through (imagine that the power line is a plane that extends straight up into the air, the ball should stay on that plane).
- Weight transfers from the back foot to the front foot, with the knees coming together at the end. Make sure the weight transfer is coming from the hips and shoulders moving, not leading with the head (or "turtling").
- At the end of the pitch, the arm should have followed through straight and close to the body, the knees and feet should be together squared up to the catcher, and the girls should be pretty well balanced at the end.

### **Coaching in a Game**

If it goes too far inside/outside:

- If the hips close too soon, the arm could either come across the hips to overcompensate and go inside, or hit the hip and go too far inside.
- The foot could not be stepping straight out- have the girls draw a power line and have the foot stepping out (left foot for rightys) be right on there.

If it goes too high:

- The release point could be too late.

If it goes too low:

- The release point could be too early.

Reminder of the rules for pitching legally:

- Push off foot needs to be on the mound at the beginning. Back foot can be off the mound.
- "Crow hopping" is allowed as of the 2022 season, meaning the drag foot no longer has to stay in contact with the ground.
- The hand can only go in the glove once when on the mound- called "set position". The count is 2-5 seconds then pitch must occur.
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Pitching Distances:

U9	30 feet	11" indoor softie ball
U11	35 feet	11" softball
U13	38 feet	11" softball
U15	40 feet	12" softball
U17	43 feet	12" softball
U19	43 feet	12" softball