



COACHING PITCHERS CHECK-POINTS FOR SUCCESS

READY POSITION



1. Start with feet parallel and shoulder-width apart. Right-hand pitchers should stand on the right side of the pitching rubber. Left-handed pitchers on the left side. This gives the pitcher a better angle for the outside pitch.



2. Keep the ball in the hand down by the side of the body



3. Back of the glove should be facing the batter. Exposing the ball to the right gives the third base coach the chance to see what pitch is being thrown.

L-POSITION



1. The L-Position (or Gather Position) is important because this is where the pitcher gathers energy for his pitch to the plate.

Hands should be in the center of the body. Keep shoulders level. Show batter a little of rounded shoulders and hip pocket to avoid opening up too much.

2. Front leg should be waist high, bent at the knee, creating the “L” position. The foot should be relaxed under the knee. Focus balance on inside of back leg or inside of back foot. Do not lean backward.

T-POSITION

In the “T-Position” (or Stride Position), the pitcher’s stride foot should be landing very closely to an imaginary line extending from the arch of his back foot toward home plate. You don’t want the stride position to be too inside or outside that line because then the pitcher is throwing against his body.

To check stride position, have pitcher get into Gather Position, draw a line in the dirt from the back foot arch toward home plate. Have the pitcher go through his motion and check where his stride foot has landed compared to the line.

- Landing close to line ensures player is getting hips through the ball
- Landing “closed” (inside the line) means hips are getting in way of throw
- Landing “open” (outside the line) means arm will drag
- Nose, knee and foot should be in vertical line upon stride finish

