

BioForce Baseball

Torque Drill

Use this drill to help you with BioForce Principles 2 (Stable Posture), 4 (Power), and 5 (Sticking the Glove)



Starting Point

- Start in your release point position
- Ball out front of your face, away from your body
- Lunge position, arched back, weight on front leg
- Hips and belly button facing target



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Take Ball Back Like You Normally Would When you throw, and Rotate Shoulders

Correct



Incorrect



Improper elbows

Incorrect



Don't shift weight back like this photo

Notice how the hips have remained facing the target and shoulders have closed to the target. Glove side up in an equal and opposite manner for elbows.



Side View



Correct



Incorrect



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Finish



This is an upper body drill only. The correct finish is the glove stuck out front, and the feet in the original position. You'll also notice that our pitcher did not change his posture. His head is in the starting position, head over knee, over his foot.



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