

BioForce Baseball Academy

Pitching Principles



1 Generate Energy



You need to start in an athletic position. Knees slightly bent and rear-end sticking out slightly. Your weight should shift from the back leg to the front leg going towards the target. Get your **momentum** going towards the target early in the delivery will be critical for you to be able to generate more energy. Energy translates to more power.

2 Consistency



Keeping the athletic stance and upper body angle is very important to be able to consistently release the ball where you want to. The more your upper body flops back and forth, the more it can affect your release point. Look at the picture of Josh Beckett on the left, when he was younger and very inconsistent. You'll notice his back has arched and changed his **posture**. He has obviously worked on his posture by looking at the picture on the right. He has become much more **consistent** in his delivery in recent years.

3 Timing



The critical time in pitching, like hitting, is when your front foot makes contact with the ground. Your **shoulders** should be **closed** to the target, like the first and second pictures on the left. Your **elbows** should be **equal and opposite** of each other, like the third picture. If not, then it will affect your release point, and control. You will also put more stress and strain on your shoulder and arm.

4 Power

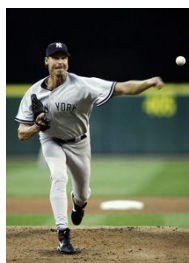


Power comes from your legs and the core of your body. As you can see in this picture, the pitcher's hips have opened up before the shoulders have begun to throw the ball. That separation of the hips and shoulders creates **torque** in the middle of the body. It's like a rubber band winding up. As the rubber band (your core) unwinds, it helps create more arm speed. If your timing is off, as in principle 3, then you will not have enough time for this torque to build up. You will be trying to generate velocity with your arm instead of the core of your body. Think of the core of your body as your engine.

5 Control



Your glove side is very important in a consistent release point. We actually **bring our body to the glove**, and not bring the glove to the body. If your glove is still moving as you release the ball, then your release point will continue to move with your **glove**. Take your glove to the target, and then **swivel** it up and **stick** it like in these pictures.



Some final thoughts... Some people call these pitching mechanics..we like to call them principles. Anything outside of these principles become your style. Keep your style, follow these principles and you should have great success throwing harder with more control!



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