***Coach Cox’s Pitching Mechanics and Drills***



***Lead(front) Leg Drive***



* Torque, torque, and more torque
* Begin placing your back foot on the glove side of the mound…as we progress this will place our release point closer to the middle of the plate
* To get the optimal amount of power from the lower half, our pitchers will drive their lead leg knee back towards 2nd base which will set the hips in a power-position for future hip turn
* The shoulders should be square to the plate (pointing to the plate in a straight line from back shoulder to front shoulder
* Hands should be together near chest level
* Eyes should never leave the catcher’s mitt
* Lead leg heal should be under the knee

***Back Leg Drive***



* As we begin moving forward, we will simultaneously break our hands and slightly squat on the back leg to ready the back leg for push or drive (see pitcher on the left)
* We will then push off our back leg towards the plate, never taking our eyes off our target (the mitt)
* The shoulders should still be square to the plate and our arms should be in an elbow to elbow alignment as we approach our landing point

***Landing Point***



* Upon landing on the front half of our lead foot, we will drive our chest towards our glove which will provide proper rotation and balance our shoulders
* Shoulders are square and eyes are still on the mitt
* The drive leg (back leg) toe should still be on the ground
* Our chest should be behind our lead leg knee

***The Finish***

 

* After releasing the ball the back leg will come off the ground and drift towards the front leg so that we will be in a good fielding position
* Eyes should still be on the mitt
* Your glove should still be close to your chest
* Your throwing hand should be near your hip pocket

***Towel Drill***



* Out of a stretch position, make a throw with the towel while your partner watches
* Your partner will mark off four foot-to-foot steps from your landing position
* Your partner will then place the glove at your chest height
* You will now complete your throwing cycle by trying to reach out and slap your partner’s glove with your towel.
* Remember to grip the towel like a four seam fastball.

\*With this drill you are focused on extending your release point. If you begin to reach your partner’s glove with ease, have him move back slightly.

\*Recommended sets would be 3 x 10 throws twice a week

***Recommended Grips***

**4 Seam Fastball**



**2 Seam Fastball**



**Box Change-up**



**Alternate Grip for Box Change-up**



**Slider**



**Curveball**

