

Basic Girls Fastpitch Pitching Intro

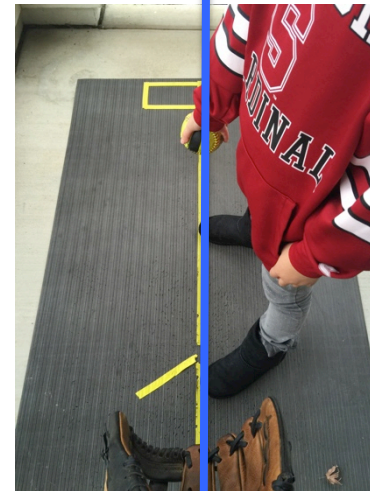
- These are the very basics for a first time/beginning pitcher based on lessons/clinics my daughter and I have attended, and multiple discussions with different coaches over a two year period. I am not an expert at all, but for a beginning pitcher, these drills will be a good base to get a new pitcher going, and I have used these on some other beginning pitchers as well. Feel free to modify any drills that you feel necessary, however, I strongly recommend doing these drills in order, and only going to the next drill once they have demonstrated proficiency at the current drill. The drills are – **GRIP, FLIP DRILL, K DRILL, CIRCLE K DRILL, FULL WINDUP.**
 - Some of these may have a different name – “T Drill, etc”, and there are other drills – Walk up drill; 3,4,5 drill, etc. – but if you have a girl that wants to get more into pitching, I would recommend finding an instructor that you like. There are many great ones in our area.
- There are many different pitching instructors in the area, and many of them will have slightly different techniques, but in the end, the basics of the proper grip, keeping everything on the power line, keeping a simple wind-up, keeping your head over your hips, staying balanced, etc are the same. This document is mainly to help a dad or coach of the young, first time pitcher, get her going in the right direction.
- Please note - it can take several lessons (5-10 or so) with a private instructor before they may even have her doing a full wind-up. They want to make sure you have the proper mechanics and steps down before moving to the next drill. Your daughter will be much more successful (and eventually have more fun) if she learns the proper pitching steps and movements in the correct order before getting to a full wind-up. It is highly unusual to do just 2-3 practice sessions and expect someone to start throwing a wind-up with success. IT IS MORE IMPORTANT THAT YOUR DAUGHTER LEARNS THE PROPER MECHANICS THAN IT IS TO THROW STRIKES. Once she learns and practices mechanics, good pitches will come.
 - Like anything else, the more your pitcher practices at home, practices, or with an instructor, the better she will be.

GRIP – The first and most important step. Grip as a 4 seam fastball, you can use the words on the ball as a guide. Finger tip/first knuckle on the seam, wrist cocked back.



NOTE - Every practice should start with a flip drill, then move on to the next drill. Example, If you are currently at the Circle K drill, then you start with the flip, then K drill, then circle K. Making sure each step is done correctly for about 3-5 minutes, or until the drill is ran correctly,

FLIP DRILL –Ball just at the back hip, correct grip, cocked wrist, hand pointing up. Do not use the arm, just use the wrist to flip the ball forward to a glove on the power line. Focus on the correct rotation forward (opposite of the throwing flip drill many teams do). Continue this until they have a good flip with good forward rotation.

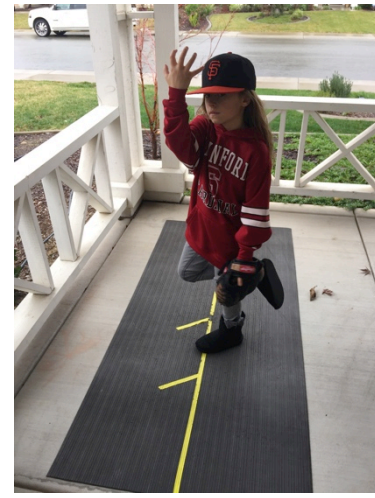
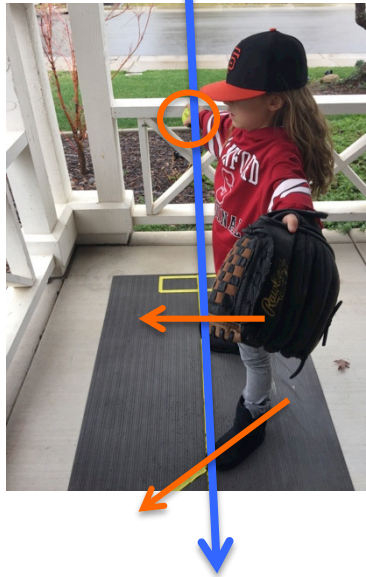


POWER LINE – Everything runs back, around, and forward through this power line during a pitch

K DRILL – (different names for this – T drill, etc) Toes on the power line, back foot pointing straight, front foot at about 45 degrees. Good grip, throwing arm back, but slightly in front of the body to get the ball on the power line. Glove arm toward target. Keeping the body sideways, pitch the ball forward, and follow through with the upper arm parallel to the ground. Finish with a figure 4 with your back leg.

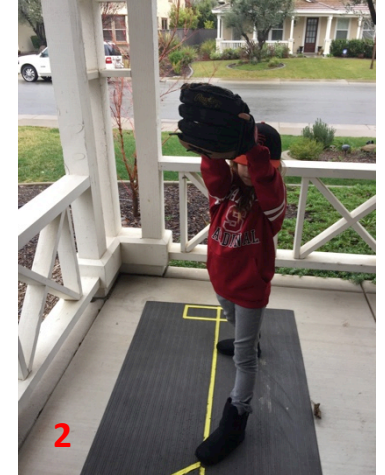
Points to remember...

- Keep the ball and hand on the power line at all times
 - As catcher, you should see the ball (circled in orange) at all times, NOT behind her body
- Keep your body sideways during this movement



Circle K Drill –

1. Start with feet on the power line, good grip, ball and glove starts at your waist, then push forward to start a circle.
2. Arms away from your body, circle continues high, bring the ball out of the glove, keeping the ball and arm circle on the power line, with the body sideways.
3. This position is similar to the beginning of the K-drill.
4. Continue pitching forward, wrist cocked, and release the ball between the back hip and belly button, propelling forward toward the target.
5. Follow through, upper arm level with ground, figure 4 finish, still trying to stay sideways. Arm and hand on power line.
6. Step forward after release and stay balanced. As long as your arm stays on the power line, and weight transfers along the power line, you should stay balanced after release.



Full Wind Up –

1. Throwing foot heel and glove foot toe on the pitching plate. Feet slightly separated. Ball and glove at the waist.
2. Start the wind up by pushing the ball back (thumb/palm facing catcher) about a distance of a foot or so. You don't want to go too far back on this first movement. Good idea to keep the wind-up simple.
3. Weight starts to shift forward, glove leg kicks up and forward (like a horse walking).
4. Ball and arms nice and high (on power line), front foot steps and lands on power line.
5. Arms away from your body, circle continues high, bring the ball out of the glove, keeping the ball and arm circle on the powerline, with the body sideways.
6. Similar to the beginning of the K-drill.
7. Continue pitching forward, wrist cocked, and release the ball between the back hip and belly button, forward toward the target.
8. Follow through, upper arm level with ground, figure 4 finish, still trying to stay sideways. Arm and hand on power line.
9. Step forward after release, stay balanced. As long as your arm stays on the power line, and weight transfers along the power line, you should stay balanced after release.

