

## OPTIMAL PITCHING POSTURE

Watch a pitcher's head as he lifts his leg and starts a delivery toward home plate. If his head *drops* he has postured too tall. If his head *rises*, he has postured too low. If his head *leans back* (behind belly button) he has lost dynamic balance. See figure 2.3. (Leaning back is the most common posture I see with pitchers.) If his head moves *away* from home plate, he is unnecessarily misdirecting energy.



◆ Figure 2.3

Note how this pitcher leans back or arches his back to throw a baseball, thus losing dynamic balance and posture.

### Drills for Skills

#### Towel Drill With Partner

Grip a hand towel between thumb and middle finger of the throwing hand with about 12 inches of towel showing. (This drill is calibrated around each pitcher's stride plus 12 inches of towel coming out of middle finger.) The "pitching" partner will then assume a set position with posting foot on an imaginary or real rubber, and go through a few deliveries, snapping the towel out front at release point. The "nonpitching" partner will then step off five feet from his pitcher's stride foot, big toe landing on flat ground, six feet from stride foot, big toe landing on mound. The nonpitcher partner will then face his partner, drop to a knee and present a "palm up" hand held eye high. Pitcher partner will then practice his delivery, trying to "strike" the palm up target with the hand towel. See the figures on the opposite page. Do 15 to 20 perfect deliveries and switch with partner. There is instant feedback in this towel drill because any shift of posture will result in a missed strike of the hand. With the head moving down, up, or back, the pitcher will miss short. With the head moving right or left, the pitcher will miss right or left.

*(continued)*

## Drills for Skills

### Towel Drill With Partner *(continued)*

