

## Making Pitching Seem Possible

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*FOR CLINIC NOTES:*

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## Common Pitching Wisdom Isn't So Wise

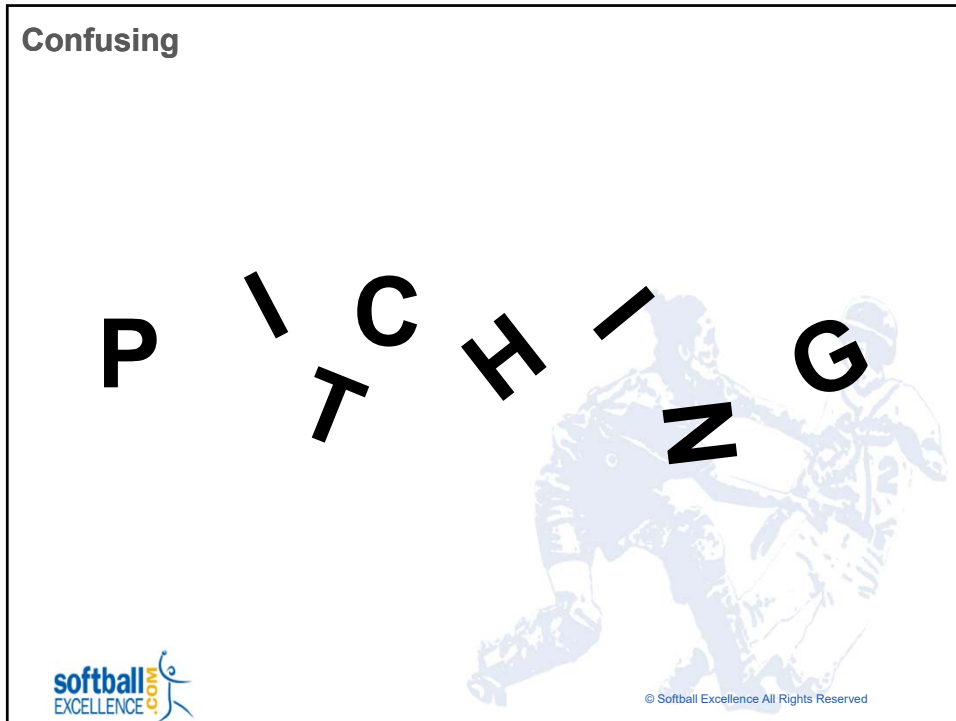
1. Difference between Hard & Complicated
2. It's NOT that Complicated
3. Don't Accept STUPID!!
4. Make Your Pitcher the Expert



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**Confusing**

**P I T C H I N G**



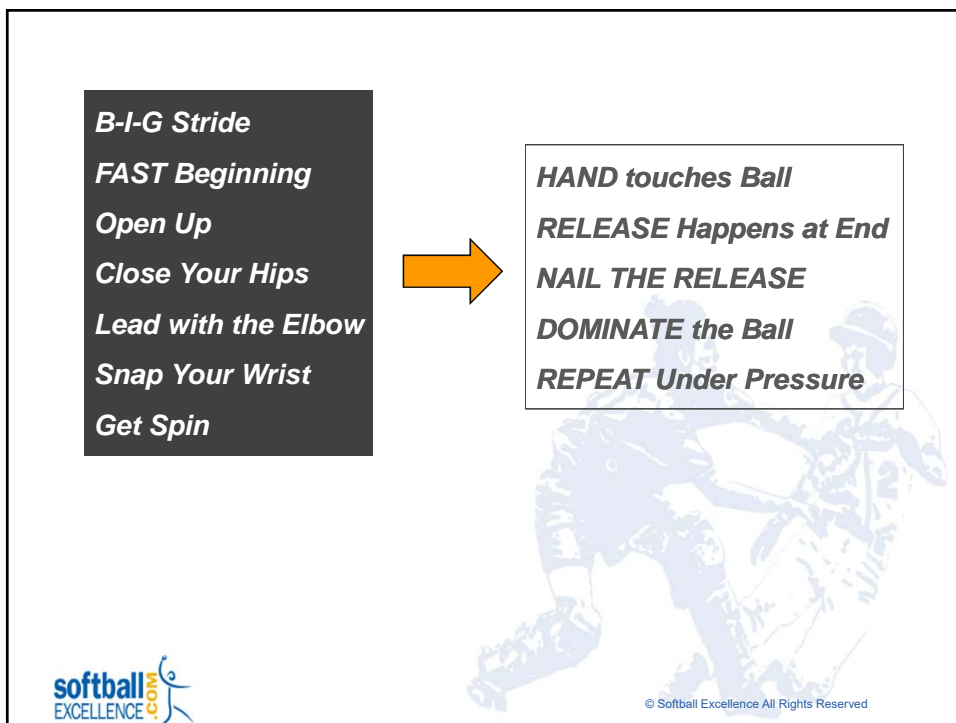
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***B-I-G Stride***  
***FAST Beginning***  
***Open Up***  
***Close Your Hips***  
***Lead with the Elbow***  
***Snap Your Wrist***  
***Get Spin***

➔

***HAND touches Ball***  
***RELEASE Happens at End***  
***NAIL THE RELEASE***  
***DOMINATE the Ball***  
***REPEAT Under Pressure***



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## Difficult

- Beat Hitter holding \$400 bat with \$5 ball
- 27 Hitters
- 3 Strikes vs 1 Swing
- Changing Zone vs Hit Part of Ball
- 3 Mistakes – You're Gone!
- *Nobody's Sure How to Help You*

## Complicated

- Step, Circle, Release
- *Twist Left, Right, Up, Down*



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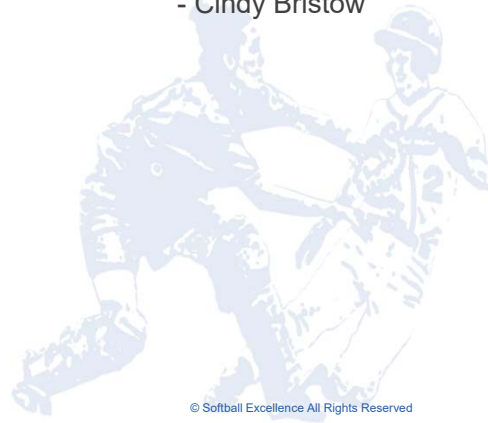
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***“Nobody wakes up in the morning to suck.  
It’s our job to help them un-suck.”***

- Cindy Bristow



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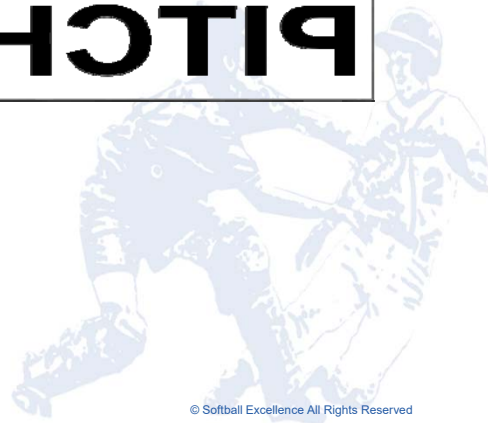


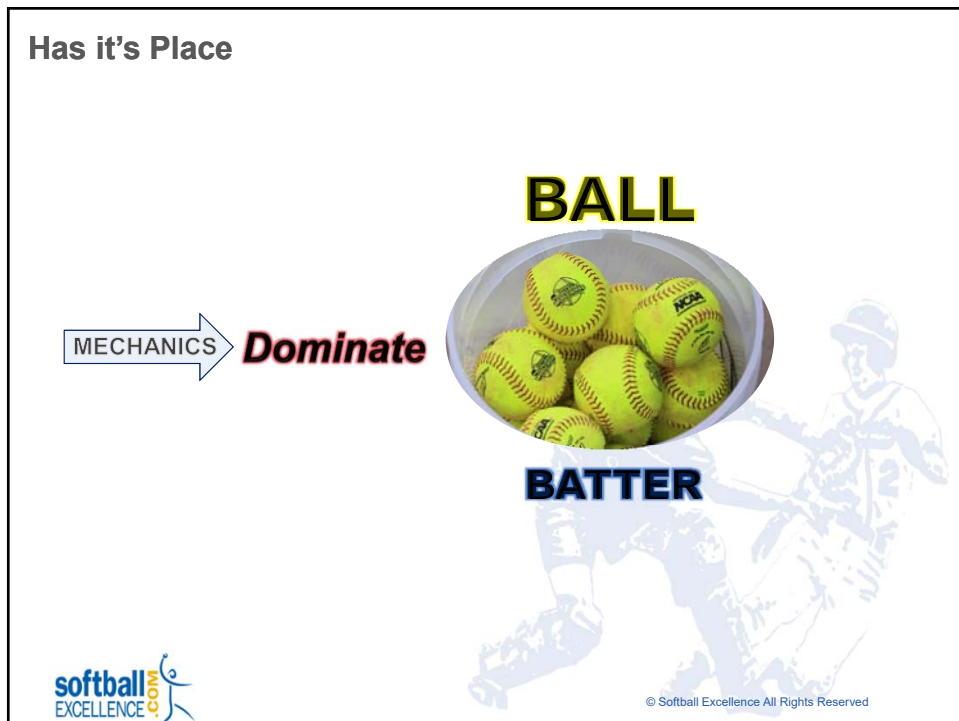
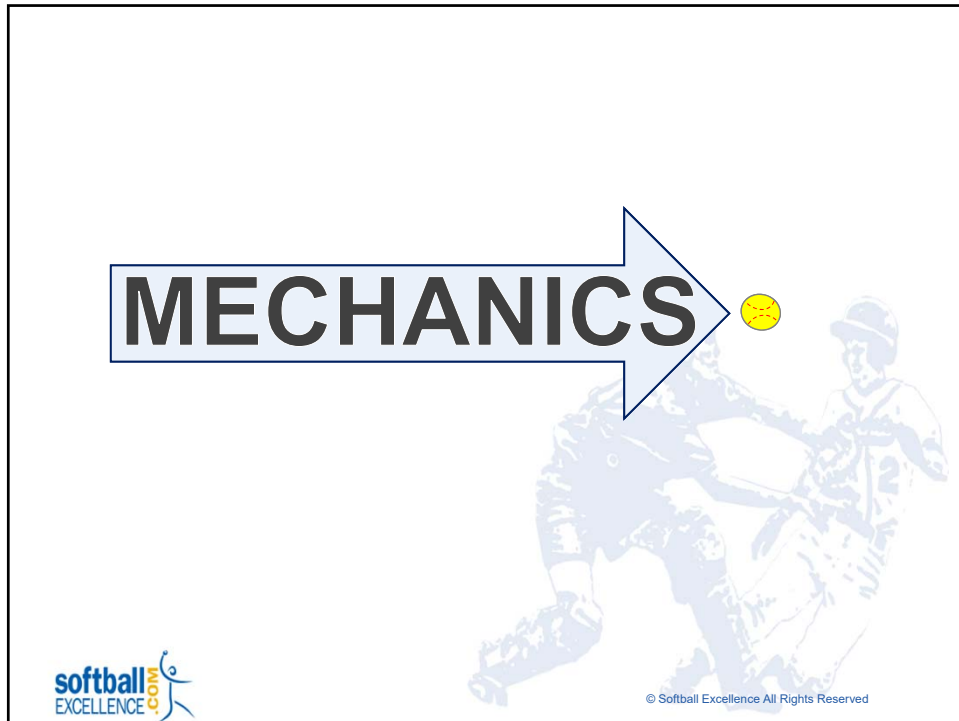
**We’ve Got it Backwards**

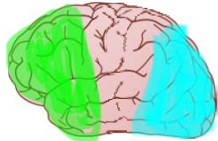
**PITCHING**



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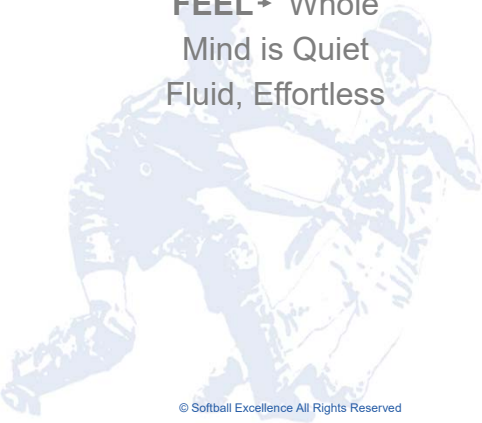


**MECHANICS**

Sequential, Parts  
Mind Full of Parts  
Tense Effort, Stiff

**BALL**

FEEL → Whole  
Mind is Quiet  
Fluid, Effortless



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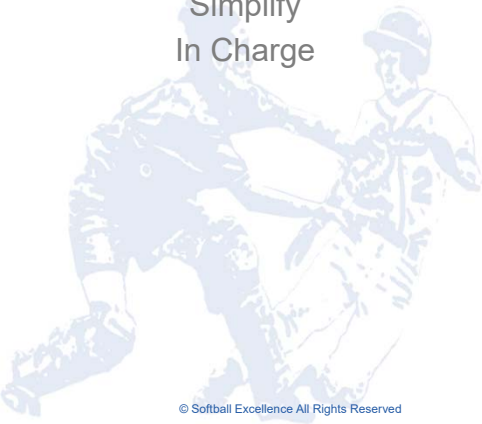
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**MECHANICS**

Perfectionism  
Mind Explosion  
Prisoner of Ball (“It”)

**BALL**


Effect-Cause  
Simplify  
In Charge



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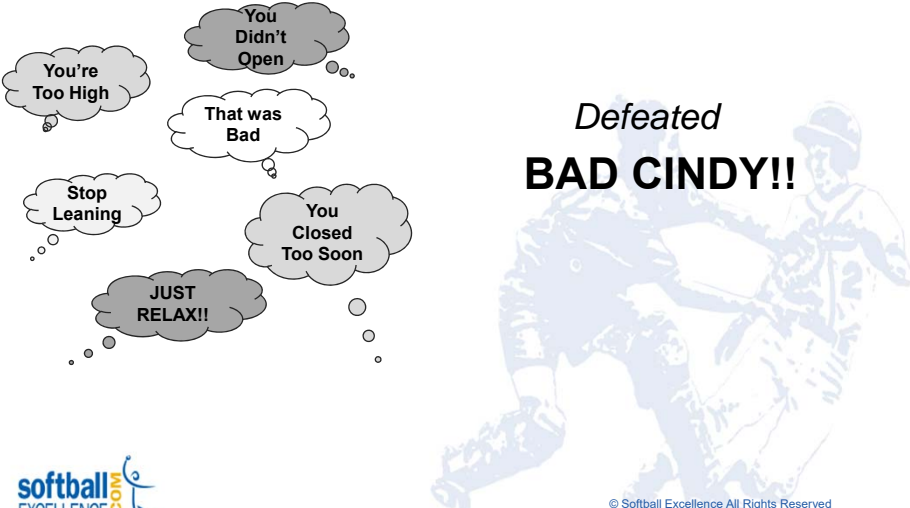
<h2><u>MECHANICS</u></h2> <p><i>Criticism</i></p>	<h2><u>BALL</u></h2> <p><i>Correction</i></p>
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Criticism vs Correction



*Defeated*  
**BAD CINDY!!**

Thought bubbles containing criticism:

- You're Too High
- You Didn't Open
- That was Bad
- Stop Leaning
- JUST RELAX!!
- You Closed Too Soon

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Criticism vs Correction

*Solution-Minded*  
**I CAN!!**

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Stay Logical - Don't Fall For "It"

**Non-Sense  
Gimmicks**

- *Whip (IR)?*
- *Hello Elbow?*
- *Hello Kitty?*
- *Hello Dolly?*

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## Master the Hand

ONLY Body Part  
Touching Ball!



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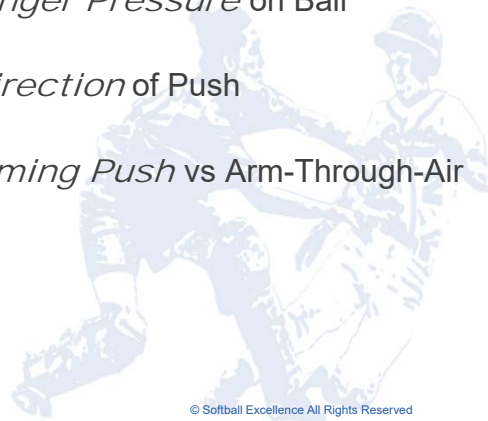


*Speed at Release*

*Finger Pressure on Ball*

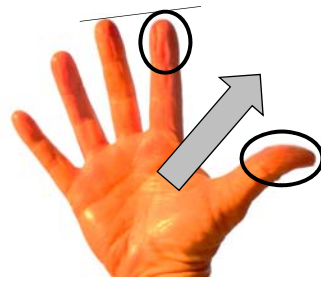
*Direction of Push*

*Timing Push vs Arm-Through-Air*



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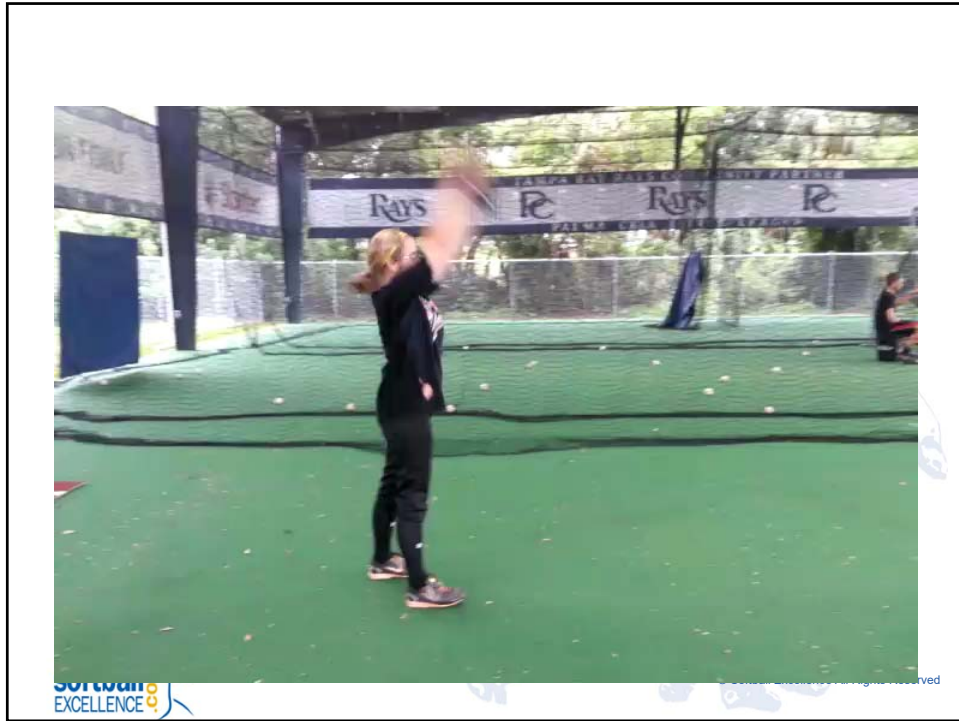
### The Hole in Your Hand



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### Use Your Legs Right

#### Push vs R-E-A-C-H



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### Would You Fall For It - Overhand???

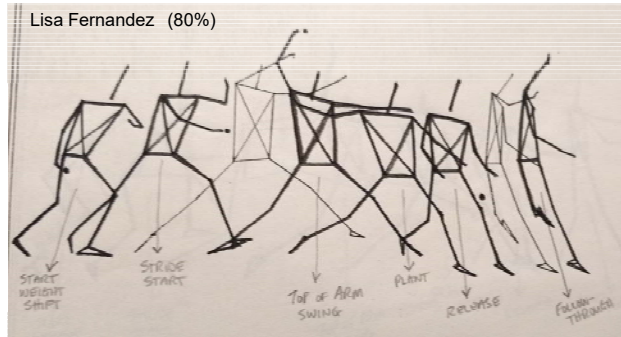


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### Olympic Pitching Study Results

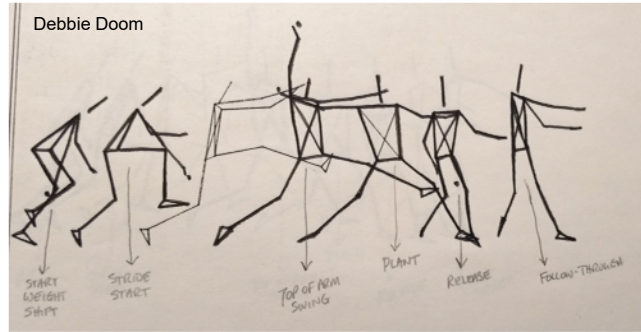
Force on Shoulder Joint during Release = 50-150% of Body Weight!

Lisa Fernandez (80%)



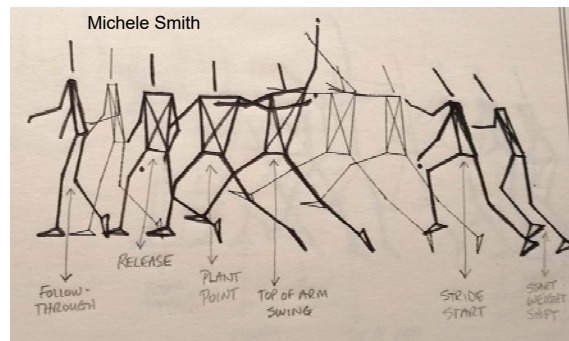
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**Force on Shoulder Joint during Release - Similar to force in Baseball Pitching!**



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**Speed of Hand just before Release = Maximal for Fastest Ball Speed**



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## Make Your Pitcher the Expert

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1. Ask vs Tell
2. Help Figure It Out
3. You Caused What You Saw
  - *Where'd the Ball Go?*
  - *What Did YOU Do that Made it Go There?*
  - *How Will You Fix It?*

**REMEMBER – YOU'RE "IT"!**



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## CONTROL - *Foam Trainers*

### Foam Fastballs



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**BALANCE - Weighted Vest**



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**BALANCE - 1 Leg**



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**SPEED - *Distance***



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**SPEED - *Say Your Speed***



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### Fielding - *Reactions*



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GREAT Softball Educational Material

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