**Baseball Pitching Fundamentals**

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**A baseball player catching a baseball

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This document is the perfect starting point for anyone interested in becoming a pitcher. These step-by-step instructions will break down everything you need to know to start racking up some K’s. This document will break down each step involved in throwing a standard Fastball. Each step will be accompanied by detailed pictures and instructions to insure you develop proper technique.

Required Equipment/Materials:

* Pitching Mound
* Baseball
* Baseball Mitt
* Catcher/Net

Step 1: Warm up. This can be done by simply playing catch with a partner until your arm feels loose. Ideally increasing the distance between you and your partner until you require considerable effort to reach them. Once you feel comfortable throwing the ball hard you can then move on to step 2.

* Additionally, you can warm up further by going for a short jog and stretching. Each pitcher is unique and feels comfortable at different levels of warmup.

Step 2: Now its time to get on the mound. Baseball regulations require you to have at least one foot on the rubber before beginning to pitch. Not only is this required by the rules it is important to have something solid to push off when pitching.

* Feel free to stand however feels most comfortable to you on the rubber you are only required to have a small part of a foot on the rubber.

Step 3: Now it is time to start the windup. Begin by taking a step with the foot that is opposite your throwing hand (left foot for right-handed and right foot for left-handed pitchers). As your weight shifts onto the stepping foot, you will turn your other foot to become parallel with the rubber. Once parallel weight will shift to the parallel foot, and you will bring the stepping leg up to be perpendicular to your hip with your knee bent see Figure 1.



**Figure 1**

* This position is referred to as balance and rightfully so because that is exactly what you should have in this position.
* You should be relaxed and balanced able to hold this position for an extended period.

Step 4: Next it is time to begin the explosive transition to the contact position. Begin by lowering the raised leg straight down towards the ground. Once the foot is close to the ground begin to push with back leg towards where you are throwing. As you push your hands should come apart. Your throwing arm will reach straight back behind you bending up at a 90º angle upwards. Turn your wrist so that the ball is facing away from you and the back of your hand is facing your head. Your glove hand should be relaxed, and the elbow should be pointed towards your target see Figure 2.

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**Figure 2**

Step 5: Next comes the rotation. The body will rotate turning the front foot to point towards the target. The shoulders will also rotate having the chest forward pointing towards the target. The glove hand will be tucked next to the hip. The throwing arm should be out to the side perpendicular to the body with the arm pointed up at the elbow at a 90 º angle see Figure 3.

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**Figure 3**

Step 6: After the ball is thrown you should finish in an athletic fielding stance. This is important because there is the chance that a ball will be hit back at you. Beyond the want to field the ball properly for the game it is important to be ready to protect oneself. As a pitcher you are the closest fielder to the batter meaning you have the least amount of time to react to a ball hit at you.

Step 7: The final step is about caring for your arm. Pitching creates tremendous stress on both your elbow and shoulder. It is important after each serious bout of pitching should be finished by icing your elbow and shoulder. The key is to ice both elbow and should for 20 minutes. This ensures that the swelling is reduce which facilitates healing. The next day going for a run and help reduce soreness. Drinking plenty of water can also help with both recover and reducing soreness.

The fundamentals of pitching can be broken down into four steps once you understand all the details of each step. First pre-pitch this is when you are standing on the rubber. Balance where we prepare for the torque and throwing portion of the pitch. Contact where are arms get into position to throw the ball before the rotation of the hips occurs. And finally follow through where we throw the ball and finish into a stance ready to field a ball.

To further perfect the three key positions of pitching Balance, Contact, and Follow Through a great warmup to do is to work through these in reverse order emphasizing each. Start in follow through throwing the ball and finishing ready to field. Move up to contact rotating into follow through and finishing ready to field. And finally starting in balance moving into contact and finally follow through finishing ready to field.