

FASTPITCH PITCH BREAKDOWN

THROW LIKE A GIRL.

PITCH LIKE A PRO.



LAUNCH



BALL HAND & KNEE UP AT THE SAME TIME



ARMS INSIDE SHOULDERS



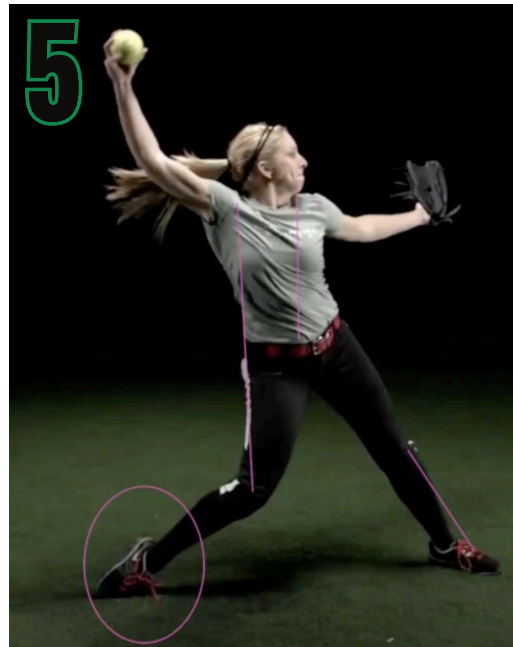
THUMB UP LIKE YOU'RE SHAKING HANDS

K POSITION: BACK KNEE BENT | SHOULDER, HIP, KNEE ARE STACKED | CHIN OVER BELLY BUTTON | GLOVE HAND IS UP HIGH ABOVE EYES



NOTICE THE DISTANCE BETWEEN THE MOUND AND THE BACK FOOT WHEN SHE GETS TO THE FULL K

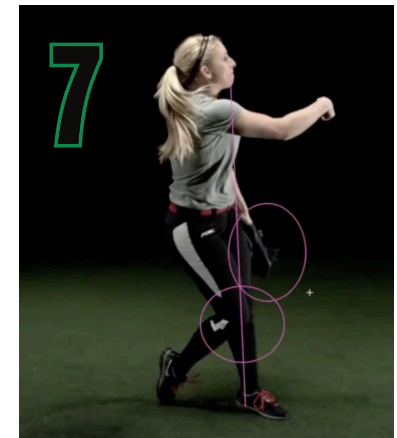
ARM IS SLIGHTLY BENT (IMPORTANT FOR WHIP)
BACK HEEL UP, DRAG TOE DOWN



RELEASE: STILL STACKED SHOULDER OVER HIP OVER KNEE | CHIN STILL OVER BELLY BUTTON | DRAG FOOT STILL HEEL UP AND GLIDING



NATURAL FOLLOW THROUGH OCCURS WITH THROWING HAND (CALLED PRONATION) | KNEES COME TOGETHER | GLOVE HAND SLAPS DOWN INTO THE HIP | STANDING TALL FINISH



SCAN QR CODE TO SEE VIDEO

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