**FIRST QUARTER (1Q)**

Great First Quarters share several commonalities. First, the pitcher has moved from an attacking to a strong upright posture. Next, her force is being thrown forward as the throwing arm, glove arm & stride leg are extended to the target. And finally, the throwing foot has rotated and the body is beginning to open sideways to the target.

Let’s take a look at our Pro Models, Jennie Finch and Lisa Fernandez. In First Quarter, Jennie Finch is in an upright posture with her glove arm almost equal to her throwing arm in height and extension. Her glove arm, throwing arm and glove leg are all in a direct line of force to the target. Her throwing foot is beginning to drag along the inside part of the foot. Jennie’s hips are beginning to open.

Lisa Fernandez also takes her forces directly to the target in the First Quarter. Her posture is upright and she is aligned and extended to the target. Her hips are opened and her throwing foot is rotated so the instep is facing target and beginning to drag along the inside part of the foot.

Deviations happen in the First Quarter for several reasons. Let’s examine these reasons by asking assessment questions about your pitcher’s motion. And then our youth models will demonstrate the common problems and provide a working set of drills to help you find solutions.

**The first question to ask will be “Has the pitcher moved from an attack posture to a strong upright posture?”**

If the answer is no, the pitcher may have reversed posture too early. In this example, our student pitcher has not attacked the target long enough. She begins to lean back in First Quarter. This early reversal of posture detracts from the amount of force that can be taken to the target in early phases of the pitch.

If the answer is no, the pitcher may be in her attacking posture too long. Here, our student model still has the angled attacking line along her spine in the First Quarter. This will make it more difficult to open her hips and reverse her posture at the Circle Peak.

And if the answer is no, the pitcher may exhibit a lack of controlled aggression. In this example, the student pitcher is very strong and aggressive. However, her force is misguided and set forth in multiple directions. Her force is not aligned to the catcher and it is driving into the ground early. She is not taking her force into an upright posture along a straight line.

**The next question to ask will be “Are all the forces of the throwing arm, glove arm and stride leg extended forward to target?”**

If the answer is no, the glove arm might be off line. In this example, our student model has a misguided glove arm. Her glove arm pulls off of the direct line of power to the target. This will create a challenge to get the hips open and establish the necessary spacing to deliver a good pitch.

If the answer is no, the throwing arm might be off line. Here, our pitcher has crossed her body on the upswing of her throwing arm. This limits the forceful attack to the target as the throwing arm is moving along an off-line course. It also deters from a natural and timely opening of the hips because the shoulders are moving in an opposing direction.

If the answer is no, the glove arm and throwing arm are possibly not extending to catcher. In this example, the pitcher is not getting the full drive of all forces out to the target. She is cutting the length of the path short and not achieving full extension.

And if the answer is no, the stride leg could be off course of the power line. Here, our student model is driving her stride leg off-line. This will create a separation of forces. Here we will see her lower half moving in one direction while her top half attempts to hold a line to the target.

**And the final question to ask will be “Is the body beginning to open sideways to the target?”**

If the answer is no, the hips might not open or in route to opening. In this example, our student model has not rotated her throwing foot or her hips. She has not yet moved into an upright posture from her initial attacking line and therefore hasn’t been able to aggressively throw her stride leg out into an open and extended position.

Variations are acceptable in the First Quarter. The glove arm and throwing arms might be equal to each other or the glove arm slightly higher. There is also variation in the amount of hip turn. While Jennie and Lisa customize their First Quarter movements differently, they share successful commonalities.

If you discover that your pitching movements deviate from the fundamentals of our pro models, please refer to following First Quarter drills.

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**Has the pitcher moved from an attacking to a strong upright posture?**

**Common Problem 1Q-1: Reversed posture too early**

**Solution 1Q-1a: Platform Stride Down – Attack to Upright**

***Striding off of an elevated platform will create a healthy and upright posture in first quarter.***

*In this Platform Drill the pitcher will stand on an elevated platform. This secure surface can be up to 12” in height. Starting at a slower and more controlled speed, begin the motion as a step is taken down off of the platform.**Gravitational forces of the step down will assist producing a more natural and upright movement into first quarter. Coming off of a raised platform with an excessively reversed posture will be noticeably incorrect as the step onto the ground will feel unnatural and badly timed. A step off of the platform that is correct will feel more natural and repeatable as the body moves from an attack to an upright in posture in the first quarter.*

**Solution 1Q-1b: Assisted Sprint – Attack to Upright**

***Makes the attack to upright posture transition more powerful by pulling the pitcher along at a faster rate.***

*The Assisted Sprint Drill attaches a harness around the pitcher’s waist and from the front, assistance is given through a bungee cord pull. The short/tight cord is affixed to the glove side of the waist and held by the coach or can also be attached to a wall or pole. This harness pulls the pitcher along at a rate faster than the usual stride therefore stimulating the nervous system to operate at a faster speed. To be successful, the pitcher must choose strong and athletic legs over locked legs.**This assisted sprint will pull the pitcher out and away from the mound. This pull will help to maintain the attacking posture for a longer period of time, thereby preventing her from reversing her posture too early.*

**Solution 1Q-1c: Run-Up Drill on Extension**

***An attacking start will drive pitcher to upright posture at first quarter.***

*The Run-Up Drill gets the body into running form prior to the actual start of the arm circle. The pitcher begins behind the mound and with either a single or multiple step running start, hits the mound in a very aggressive and attacking posture that helps to guide the arm to circle start. This drill is similar to the Rocker Start in baserunning, where momentum and attack is developed prior to the foot driving off of the base. In this example, we used the Softball Power Drive to receive the benefit of training deeper angles in the throwing leg. But this drill can also be done very effectively on the mound without a Softball Power Drive.*

*The intent of this drill is to set the body in motion in at the start so at first quarter, the pitcher releases the attacking angle and is now in a strong upright posture. Pitchers who are upright too early in the circle start will reverse posture in first quarter. This will decrease the value of the positive move and extension to the catcher. A pitcher should attack the start and drive to upright posture in first quarter.*

**Common Problem 1Q-2: Too much time in attacking posture**

**Solution 1Q-2a: Platform Stride Up – Attack to Upright**

***Striding up and onto an elevated platform promotes a timely transition to an upright posture.***

*Place an elevated platform in front of the pitcher. (This secure surface can be up to 12” in height.) Starting at a slower and more controlled speed, begin the motion as a step is taken onto the platform. To be successful, the pitcher will need to transition her attacking posture to an upright position by first quarter. If the pitcher stays in attacking posture too long and is leaning forward, the step onto the platform will feel unnatural and badly timed. A step onto the platform that is correct will feel more natural and repeatable as the body moves from an attack to an upright in posture in the first quarter.*

**Solution 1Q-2b: Plyo Box**

***Train the legs to drive and forcefully swing up and away from the mound***

*To fuel the appropriate flight time needed for a timely foot touch in reverse posture, pitchers must maximize the energy from the ground by first driving with the throwing leg and next using a forceful swing of the stride leg. If one or both of these components are missing, the pitcher will stay in attacking posture too long and foot touch will happen too early. In this example we have integrated pitching mechanics into a The Plyo Box drill. The pitcher will assume her stance on the mound or on an angled surface (in this case the Softball Power Drive was used), balance on the throwing foot and raise the stride foot while keeping it behind the mound. The arms are in a running position. With a powerful negative move through the legs, explode up and away from the mound. The throwing leg drives hard, the stride leg forcefully swings onto the power line, the arms exchange, the hips open and the body reverses posture all prior to landing on the plyo box. If the pitcher stays in an attacking posture too long, she will not be successful in this drill.*

**Common Problem 1Q-3: Lack of controlled aggression**

**Solution 1Q-3a: ISO-ID with Kick Boxer – Controlled Aggression Kicks**

***Controlled and aggressive First Quarter Kicks***

*Controlled aggression in pitching carries out a planned and goal-oriented attack. It is explosive yet balanced and coordinated. It holds a great deal of body awareness. The Isolation Identification (ISO-ID) with a First Quarter Hold requires the pitcher effectively drive from the mound, move the posture line from attack to upright, open the hips and extend all forces to the catcher. With sharp and accurate movements, the pitcher will stick and hold (ISO-ID). From this position, with controlled aggression, Part Two of the drill, the Kick Boxer, will require the pitcher to be capable of coiling and kicking the pad. The pitcher will then strike the opponent’s pad with full control and precision of each movement.*

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**Are all forces (throwing arm, glove arm & stride leg) extended forward to target?**

**Common Problem 1Q-4: Glove arm is off line**

**Solution 1Q-4a: Bungee Cord Pushes**

***Glove arm is challenged to be determined and directed by resistance from bungee cord.***

*The Bungee Cord Push drill helps a pitcher achieve the feeling of a determined and directed glove hand. Using a cord with a handle on both ends, the pitcher will take her glove off and start on the mound. She will hold the bungee in her glove hand and with firm flexion in the lead elbow, point the glove arm at the target. The coach will stand directly behind the pitcher holding the opposite end of the bungee in direct alignment with the pitcher’s glove hand. The coach will stand far enough way to offer some tension in the cord but not too far that the tension will prohibit the pitcher’s forward movement. As the pitcher starts the pitch, it’s important that the glove arm makes a forward commitment to the target and throughout the pitch must hold onto that placement. This drill doesn’t fully imitate the full pitch as the glove arm would not stay suspended throughout release. However, this drill does force the body to stay strong, to stay aligned and to stay open by not rotating off of the line of the pitch.*

**Solution 1Q-4b: Glove Arm Partner Swing**

***Coach provides a free and elastic glove arm swing for the pitcher to First Quarter extension.***

*The Glove Arm Partner Swing is a two person drill that helps a pitcher feel freedom, elasticity and forward movement of the glove arm. The coach will stand next to the pitcher and on the pitcher’s glove side. Coach and pitcher will interlock pinky fingers or the coach will hold onto the pitcher’s wrist. Together they begin swinging their arms. When coach feels that pitcher has a loose shoulder, coach will say “ready - go”. The coach and player will swing together to the extension of first quarter and at that point, the coach will release. This will help provide the glove arm the trust and guidance to efficiently extend to the target in this first quarter preparation phase of the motion.*

**Solution 1Q-4c: Weighted Glove Swing**

***A wrist weight provides the glove arm a weighted pendulum end and***

*Wrapping a 2 to 5 pound weight around the glove arm wrist will assist in getting to the proper first quarter extension in two ways. The first, adding a light weight to the hand will put an end load at the bottom of the pendulum. This will help create an arm that longer, looser and more free to swing under the influence of gravity. The second way that the weighted glove arm will assist extension will be to provoke more focus from the pitcher on the path of the glove hand. Since having a weight at the end of the arm is unusual, the pitcher will be more attentive to the feel of the swing path. The pitcher will feel if she attempts to force the weight in a direction that disrupts the natural flow and therefore may be more likely to make positive correction. To begin this drill, the pitcher may want to swing her arm multiple times to allow her arm to be loose and extended below the throwing shoulder. As the arm swings back and forth, feel how the shoulder can unlock and allow the arm to move freely. When ready to continue, swing the glove arm into the motion and throw the pitch, first in dry run then with the ball.*

**Solution 1Q-4d: Lunge Stretch**

***A fully stretch exaggeration of posture and angle to train the extension at First Quarter***

*The Lunge Stretch creates an extreme extension in the first quarter glove arm placement. It challenges the body to completely stretch the starting stance and to elongate the core and arms. To execute the drill, place a 4”x6”x3’ piece of lumber on the ground vertically, on the pitcher’s glove side and approximately 3 feet in front of the push foot. Place the glove hand on top of the board. If no board is available, a coach’s hand will suffice. Stretch the body back and away from the location of the glove hand. The set-up for this drill will place the pitcher into an attacking posture. There will also be a very deep angle in the front leg that leads the throwing knee out over the toes of the throwing foot. Once the pitcher feels fully stretched and balanced, with a short negative move and using the angled front leg, drive forward into the pitch. This will help to improve the angles and efficiency needed in the Pre Motion to get to full extension to the target in First Quarter.*

**Solution 1Q-4e: 4x6 Mental Mapping**

***Use a 4x6 piece of lumber to help the mind reprogram the path of the glove arm.***

*To create a significant change in movement, pitchers must reprogram how the mind maps the course. If you have ever reorganized a frequently used storage drawer in your home, it’s not uncommon to return back to where something “used to be”. Learning a new movement, even if it is designed to be easier or save time, requires new mental mapping for a period of time. For pitchers with moderate to severe alignment problems with the glove hand, placing the glove arm straight ahead is a difficult task. The 4x6 Mental Mapping drill places a 3 foot tall piece of 4x6 lumber on the ground vertically. It will be set up just short of the stride distance and to the glove side of the power line. To start this drill, take the glove off. Move slowly at first. Begin throwing and as the pitcher approaches First Quarter, simply place the hand on top of the marker and lightly pull as the pitch is thrown. Initially some pitchers may struggle with an arm that is waving or rotating away from the 4x6 destination. With persistent repetition, the pitcher will create a new road map of glove hand efficiency. This drill should be done without the ball first and then add the ball in while increasing speed.*

**Solution 1Q-4f: Cup of Energy Transfer**

***Holding a cup of water in the glove hand promotes an efficient and seamless flow of energy with the glove hand.***

*This is a fun drill for all but most especially for young pitchers! Fill a cup with water and hold it in the glove hand. Let’s call water by a new name. That name is energy. When we start our motion, the cup is completely filled with energy. This means that our potential is at the maximum and is ready to be thrown into the pitch! While we travel through the motion busy building and storing more energy, it’s important that we make movement choices that keep us online and efficient. A pitcher would never want to “dump” her energy forward, backward or off to the sides. The Cup of Energy Transfer drill requires the pitcher to have great body control and efficiency from Point A (the mound) to Point B (the finish). If the pitcher moved well and without energy leaks the cup should still be full at the finish. If the pitcher moved with too many extras and disrupted the flow, she will have dumped some or all of the water and at the end, be left with an empty cup. This drill should be done in dry run first and then add the ball.*

**Solution 1Q-4g: Site Drill**

***Align the glove hand thumb with the target with one eye and keep it inside the site throughout the entire pitch.***

*This is a fun drill for all but most especially for young pitchers! Remove your glove and prepare to pitch. Take your glove arm and line it up with the target. Give the target a “thumbs up”. Close one eye and line the thumb up directly with the target. Starting slowly without the ball and moving into slightly faster speeds with the ball, throw the pitch while keeping the thumb (or the site) on the target. This will challenge the pitcher to stay in alignment and in forward motion to the target and should prevent excessive rotation with the front side.*

**Solution 1Q-4h: Arm Path Check – Glove Arm**

***Provides a physical cue if the glove arm is off-line in First Quarter.***

*A foam noodle can give safe and instant feedback for arm swing alignment. A coach can hold the foam noodle or it can be placed on a plunger to stand alone if coaching assistance is not available.*

*To test if the glove arm is aligned to the target, place the noodle in front of the pitcher and slightly off to the side of the glove arm. If the pitcher swings her glove arm off line, she will make contact with the noodle. If contact is made, the pitcher receives instant feedback that her glove arm is off-line. The pitcher should repeat until she can throw without contacting the noodle.*

**Common Problem 1Q-5: Throwing arm is off line**

**Solution 1Q-5a: Wall Trace – First Quarter**

***The arm circle path should feel contact with the wall and see the extension and the on-line circle that will be created.***

*To execute the Wall Trace drill, the pitcher will stand approximately 4” from the wall, with a stance that is about shoulder width apart and parallel to the wall. Be sure to do a safety check on the wall for any protrusions. The Wall Trace will involve a smooth contact with the hand against the wall throughout the arm circle.*

*The focal point for this Wall Trace is First Quarter. Is the throwing hand in contact with the wall as it moves from Circle Start to First Quarter? It is very important in this phase to move directly to the catcher with extended arms in First Quarter. A pitcher may lose contact with the wall at this point if the arm circle is falling off line OR the bicep is starting to curl. Again, in this drill, feel contact with the wall and look to verify that the arm is elongated and against the wall at First Quarter.*

**Solution 1Q-5b: Throwing Arm Partner Swing**

***Coach provides a free and elastic throwing arm swing for the pitcher to First Quarter extension.***

*The Throwing Arm Partner Swing is a two person drill that helps a pitcher feel freedom, elasticity and forward movement of the throwing arm. The coach will stand next to the pitcher on the pitcher’s throwing arm side. Coach and pitcher will interlock pinky fingers (in dry run) or the coach will hold onto the pitcher’s wrist (when the ball is added). Together they begin swinging their arms. When coach feels that pitcher has a loose shoulder, coach will say “ready - go”. The coach and player will swing together to the extension of first quarter and at that point, the coach will release. This will help provide the throwing arm the trust and guidance to efficiently extend to the target in the first quarter preparation phase of the motion.*

**Solution 1Q-5c: Arm Path Check – Throwing Arm**

***Provides a physical cue if the throwing arm is off-line in First Quarter.***

*A foam noodle can give safe and instant feedback for arm swing alignment. A coach can hold the noodle or it can be placed on a plunger to stand alone if coaching assistance is not available.*

*To test if the throwing arm is aligned with the target, place the noodle in front of the pitcher very slightly off to the outside of the throwing arm. If the pitcher swings her throwing arm off line, she will make contact with the noodle. Continue with the drill until adjustments are made to achieve an on line throwing arm that does not contact the foam.*

**Common Problem 1Q-6: Glove arm and throwing arm not extending to catcher**

**Solution 1Q-6a: 1Q Separation Drill**

***Extend then separate. A manual assistance drill that allows pitcher to feel length of extension prior to separation.***

*With assistance from a coach, this separation drill can help the pitcher feel the unity of direction to the catcher that the glove and throwing arm should share in First Quarter and then the separation that occurs after this point. Some pitchers incorrectly begin separating their arms before get to First Quarter. With this drill, we hope to great a new feeling of a two arm extension to the target prior to separation.*

*This drill will be first accomplished laterally. The pitcher will set up with hips open and on the power line. The body weight will be centered on the throwing foot and the glove leg tapped back. The coach will hold both arms around the wrists as they elastically extend to the catcher. On a “Ready-Go” cue, the pitcher will begin the forward movement as the coach pulls the glove toward the catcher while she lifts the throwing arm into the circle. The pitcher should feel that she is “stepping away from her arm circle”. At first, complete this drill slowly and without the ball from the lateral position. With successful repetition, add the ball and speed.*

*Now the pitcher is ready for a start from the mound. The pitcher’s arms will be elastically extended at about 7:30 on the analog clock. Then on the “Ready Go” cue, the coach will pull the glove arm forward and lift the throwing arm into the circle. At first, complete this drill slowly and without the ball and with successful repetition, add the ball and speed.*

**Solution 1Q-6b: Arm Path Check - Extension**

***Provides a physical contact goal to achieve glove and throwing arm extension in First Quarter.***

*A foam noodle can give safe and instant feedback for arm swing extension. In this drill, a coach will hold the foam noodle.*

*To test if the glove and throwing arms are fully extended to the catcher in First Quarter, the noodle will be held parallel to the ground, about 4 feet high and approximately 4 feet in front of the mound. The coach will stand on the glove arm side of the pitcher. When the pitcher is swinging into First Quarter, she will feel contact with the foam if fully extended. If the pitcher stands up early and leans back or curls her circle in this phase, no contact will be made. Work until contact is made so the pitcher receives safe and instant feedback about the good extension of her arms.*

**Solution 1Q-6c: Laser Hands**

***If the glove and throwing arms are extended to the catcher, both laser dots will hit the target.***

*This is a fun drill for all but most especially for young pitchers! Dim the lights and set up a target behind the plate. The pitcher will need two laser pointers for this drill. Holding a laser pointer in each hand, begin the motion and drive the body into First Quarter. Isolate that First Quarter hold and evaluate if the hands are in line with the target by checking on the laser dots. Try to get both laser pointer dots directly on the target. Make this is competition!*

**Common Problem 1Q-7: Stride leg off course of power line**

**Solution 1Q-7a: Delayed Controlled Foot Touch – Power Line Focus**

***Creates extra time to prepare to land on the power line prior to committing to the foot touch.***

*There are two phases of the motion. Phase one is preparing to throw the pitch. Phase two is throwing the pitch. Our choices in phase one influence how well we execute phase two. What separates the preparation phase from the throwing phase is foot touch. Foot touch is moment of posture commitment to the pitch. The pitcher must have adequate flight time from the mound to get her hips open and her hand on the side of the ball at approximately 1:30 at foot touch.*

*For pitchers who struggle with striding off of the power line, the repair work must be done in the preparation phase of the motion. There are various reasons why the pitcher is taking a stride off of the power line. Maybe the stride leg does not have enough flight time to be able to get to the line before foot touch. Or possibly the pitcher doesn’t use the stride leg forcefully enough to rotate in alignment. The pitcher could have a glove arm that is pulling her off line. Or maybe her push foot did not rotate enough into First Quarter.*

*A Delayed Controlled Foot Touch drill will force the pitcher to create plenty of time to make all of the necessary posture adjustments prior to committing to the foot touch. Done at a fully controlled speed this drill requires the pitcher to stay in constant motion, to set up correct posture lines, to open the hips and delay foot touch for as long as possible. The pitcher will not permit herself to commit to the throwing phase of the pitch until she is in the best possible position.*

**Solution 1Q-7b: Power Skips**

***Increase the power and alignment of the stride leg.***

*The Power Skip Drill is an exercise to increase stride length and stride frequency while improving power from the hip flexors and extensors. It reinforces that if powered correctly, the stride leg will fall into a natural and powerful alignment with the target. The Power Skip focuses on maximizing stride length by driving the front knee as the arms alternate. This will aid the pitcher in creating the volume of positive repetitions necessary to reprogram the stride.*

*To practice, aim for maximum height on each skip. Keep the movement continuous with two small skips that push back strongly followed by one elongated powerful skip that moves the body forward. Swing the alternating arms and drive the front of each knee. The timing of the arm swing and the leg drive is very similar to the optimal timing of the upswing and leg drive of a pitcher’s circle start. Training the power skips will not only make the athlete more powerful, but will also give the pitcher a databank of strong movements that can be integrated into her pitching motion.*

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**Is the body beginning to open sideways to the target?**

**Common Problem 1Q-8: Hips are not open or in route to open**

**Solution 1Q-8a: 1 Leg Jump to Skater Conversion Drill**

***A combination of two drills that addresses the conversion from a forward leg drive to a lateral move.***

***The 1 Leg Jump to Skater Conversion Drill combines two athletic drills with the focus on the conversion from a forward leg drive into a lateral move. To execute this drill, the pitcher will do one to two 1 Leg Jumps followed by the conversion in the skater drill “Slide, Slide, Pitch, Slide”. The conversion time requires the pitcher to push off with the throwing leg and swing the stride leg aggressively to land in an effective skater position.***

***Let’s recap each drill starting with the 1 Leg Jump.***

*Achieving a long stride in the motion is an excellent goal. Some pitchers attempt to achieve this stride length by focusing only on the drive from the throwing leg. Other pitchers try by reaching as far as possible with the stride leg. While each method can produce a relatively long stride length on its own merit, the ultimate way to maximize the available energy from the ground is to use both legs sequentially. The pitcher must drive with the throwing leg and then use a forceful swing of the stride leg, in that order. Plyometric One Leg Jumps help to build this strength and awareness. To practice, stand on the throwing leg with arms in a running position. Push off with the throwing leg and jump forward, landing on the same leg. To further increase the length of the jump, use a forceful swing of the opposite leg. The pitcher should land on the ball of the foot allowing energy to be stored by the leg muscles which will enable a multiple jump series.*

***The pitcher has now done several 1 Leg Jumps and has landed on the ball of the foot with stored energy. It is time to convert that energy into the skater drill.***

*The Skater Drill is an off-ice workout that increases hip stability, strength and balance. The Skater Drill powers the lateral movement that is so critical to the pitch. It also reinforces that rotation during this portion of the pitch is not athletically appropriate. With strong and athletic posture, jump from side to side, landing on one leg. Be sure to stay low and drive. Do not kick or reach. Swing your arms to help maintain balance and to increase the length of the jumps. Feel the attack to reverse posture exchange with each lateral skate.* ***Once several sets are completed, begin pitching again. Start with a lateral pitch. Use the directives: “Slide, Slide, Pitch, Slide”. Try to integrate the principles of good spacing and a strong lateral transfer into the pitch. A locked or leaning posture will prevent this drill from being successful. Be sure to stay athletically strong and balanced during the lateral transfers.***

**Solution 1Q-8b: Jump R/Jump L/Dry Run/Pitch**

***Bridge the gaps between athletic movements and the repetitive movements of pitching by using both sides of body.***

*Pitching is a repetitive movement and with that comes both good and bad habits. Pitchers become programmed to doing repetitive movements so it becomes important to occasionally assess the quality of athleticism of these moves, even if they feel comfortable.*

*The Jump/Jump/Dry/Pitch is an exercise in cross training the body to compare effective leg drive techniques from both the right and left legs. The pitcher is asked to drive from the mound, get open in the air and land on the power line. This is done without an arm circle and the first “jump” is done from the dominant throwing leg. The next no-arm circle move is done with the opposite side with a strong drive coming from the glove leg and an open landing on the power line. Immediately ask the pitcher to assess the athletic similarities or differences between the two jumps. Initially pitchers usually discover a high level of contrast between the two with the opposite leg actually being stronger than the traditional throwing leg! The non-dominant glove leg has no bad habits because it was never used to drive off of the mound before. And the throwing leg doesn’t have bad habits because it was never used as a striding leg. So both legs are uncorrupted and functioning athletically. Once a Jump R (or throwing leg) and Jump L (stride leg) is complete, then return to the throwing leg for a push into a dry run pitch. Then, throw a pitch with a ball. The sequential repetition of these four moves will help bridge any gaps between athletic movements and the planned repetitive movements that can sometimes prohibit maximizing all available resources. Repeat this cycle until overall athleticism and leg drive is improved on both sides of the body.*

**Solution 1Q-8c: ISO-ID with Kick Boxer – Open Hips**

***Drives out into an open position with 1Q stored energy, then kicking strike pad with controlled aggression.***

*The Isolation Identification (ISO-ID) with a First Quarter Hold requires the pitcher to effectively drive from the mound, move the posture line from attack to upright, open the hips and extend all forces to the catcher. With sharp and accurate movements, the pitcher will stick and hold (ISO-ID). From this position, with controlled aggression, Part Two of the drill, the Kick Boxer, will require the pitcher to be capable of coiling and kicking the pad. The focal point on this drill is to get the hips open adequately and on time. Once the pitcher isolates her first quarter position, she must now be in a position to make the strongest kick. If the hips are not in an opened and centered, the kick will be less effective. The goal is to get out get open, isolate the first quarter and assess if the pitcher is in a battle-ready position.*