**SET POSITION (SP)**

A pitcher’s Set Position should be in a place that is comfortable, repeatable and will enable a strong positive move. The body should be aligned with the plate, stacked and balanced. The hands can be low, mid-level or high. Let’s take a closer look at our pro models. On the left side of the screen, Jennie Finch assumes a narrow stance. On the right side, Lisa Fernandez takes on a wider approach. Both positions are acceptable because they are legal and functional. They are legal because both feet are in contact with the mound and within the 24” width of the mound. Their set positions are functional because they can achieve a highly successful and athletic start. Here are two very different looks for a Set Position customized to fit the needs of comfort, consistency and power.

Deviations in the Set Position happen when a pitcher assumes a stance that is too narrow, too wide, off balance or not aligned. Two of these common problems are presented in these youth examples. The pitcher on the left has a Set Position that is not aligned with the plate. This will create an off-line start that, in this example, will carry through the entire pitch.

On the right, the pitcher has a stance that is too narrow. This forces her to need a stabilization step forward to gain the balance she needs to throw a successful pitch. This step is not legal, so when forced to keep her throwing foot on the mound, her legs will feel less powerful.

When assessing the Set Position, determine if the stance will allow a pitcher to be able to move athletically. Can she shift back and forth, jump, push and sprint from this starting position?

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

**?**

**Is the body weight evenly distributed and neutral?**

**And is this position comfortable, repeatable and enabling a strong positive move?**

**Common Problem SP-1: Stance is too narrow or too wide. Posture not aligned and stacked.**

**Solution SP-1a: Set Check**

**An experiment with a variety of stances to find the best fit for comfort, consistency and power.**

*Checking in with your stance is important. To be legal, both feet must be in contact with the mound and within the 24” width of the mound. In addition to being legal, we want to be in a place that is comfortable, repeatable and will enable a strong positive move. A SET CHECK is an experiment with a variety of stances from narrow to wide to discover which one best suits that positive move. It also checks your body alignment making sure that it is stacked and balanced. Can the pitcher shift, jump, push and sprint from this set position?*