



Standards of Instruction

As an affirmation of my commitment to “High Performance Pitching” excellence I will encourage and instruct in efficient and safe pitching mechanics.

Below is a list of “Foundational Building Blocks” that will be a staple of my instructional methods:

- Posture and Core Stability
- Internal Rotation and Pronation
- Brush Trigger and Arm Stabilization
- Arm Whip
- Arms Reciprocal Timing and Balance
- Hand Orientation
- Ball Release Timing
- Drive Leg Engagement/No Forced Opening
- Backward Chaining/Progression Training
- Positive Coaching

As an affirmation of my commitment to fastpitch pitching excellence I will refrain from teaching mechanics that may be inefficient or unsafe. Below is a list of movements which will not be in my instructional methods:

- Hello Elbow/Forced Follow Through
- Wrist Flips
- Locked Out/Straight Arm/Brush Bicep To My Ear
- Exaggerated Open/Close
- Glove Arm Extremes
- Palm down/on top of the ball or towards 2nd
- Palm out at 12 o'clock
- Muscling forward action/Body English
- Too Open/Too Closed at release
- Arm Circle not parallel with PL
- Ninja Move (no brush trigger)
- Extreme Spiraling-Gyro pitches
- Forced Figure 4/Flamingo Toe Drag
- Stride foot landing angle extremes
- Stride foot landing heel first
- Stride leg unstable at time of release
- Crow-hopping/Airborne drive foot

Signed: _____ Date: _____