



Standards of Instruction

As an affirmation of my commitment to fastpitch 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
- Brush Trigger
- Arm Whip
- Timing and Balance
- Hand Orientation
- Ball Release Timing
- Drive Leg Engagement
- 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 Release
- Wrist Flips
- Locked Out/Straight Arm
- Exaggerated Opening & Closing Movements
- Glove Arm Extremes
- Palm down or palm towards 2nd
- Palm out at 12 o'clock

- **Clear my hips out of the way so I can “paint my way through release”.**
- **Upper torso and shoulders muscling forward action**
- **Arm Circle deviations not parallel with the powerline**
- **Ninja Move (butt out no brush trigger)**
- **Extreme Spiraling pitches**
- **Forced Figure 4/Flamingo Toe Drags**
- **Stride foot landing angle extremes**
- **Stride foot landing heel first**
- **Crow-hopping/Airborne thrusting foot**

Signed: _____

Date: _____