



Standards of Instruction

As an affirmation of my commitment to fastpitch pitching excellence I will encourage and instruct the techniques of efficient and safe pitching mechanics. Below is a list of “foundational building blocks” that will be a consistent part of my instructional methods:

- **Posture and Core Stability**
- **Internal Rotation and Pronation**
- **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 on top of the ball after 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: _____