



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:

- Positive Coaching!!!!
- Posture and Core Stability
- Arm Internal Rotation and Pronation
- Brush Trigger and Arm Stabilization
- Arm Whip
- Timing and Balance
- Hand Orientation
- Ball Release Timing
- Drive Leg Engagement/Unforced Opening
- Backward Chaining/Progression Training
- Energy Creation—Series of Accelerations and Decelerations

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:

- HE-Hello Elbow/Forced Follow Through
- Wrist Flips
- Locked Out/Straight Arm (“Have a nice long arm circle”)
- 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)**
- **Disagreeing with the Laws of Physics relative to ball movement**
- **Forced Figure 4/Flamingo Toe Drag Follow Through**
- **Stride foot landing angle extremes**
- **Stride foot landing heel first**
- **Crow-hopping/Airborne drive foot**

Signed: _____

Date: _____