



PITCHER'S FOUNDATION

THE 6 PARTS

1

FORM

Your form is unique to you. Just like all of our bodies have different form, your pitching form will have qualities that make YOU feel strongest. FOUNDATIONAL NUMBERS are a big part of form. And YOUR Wind Up.

2

TECHNIQUE

Technique is more mechanical positions you aim to get to and execute within your pitch. Examples of technique are the right way to DRAG, LIFT, KNEE TO KNEE, GLOVEHAND, HEAD OVER BELLY BUTTON, etc.

3

DRILLS

Drills do not FIX Form and Technique. Drills are meant to create HABITS with your form and technique. Drills don't work by themselves. Drills can have different focuses and purposes unique to what YOU need.

4

BODY AWARENESS

Body Awareness helps you to get the most out of Drills, Technique and Form. If you know your Form and Technique, but can't FEEL if you are getting there every pitch, then it's difficult to build confidence and make adjustments.

5

MINDSET

Your mindset deals with 5 things -
1) Choosing positivity. 2) Willingness to grow. 3) Openness to learning. 4) Believing in yourself. 5) Knowing your why.

6

COMPETITION

When you push yourself in Challenges and Competition, the ultimate goal is for 1-5 to not waver. When you practice competing and have confidence in 1-5 through repetition, your foundation becomes stronger.