

WINDMILL PITCHING MODEL

MECHANICS	COACHING CUES	MOVEMENT PRINCIPLES	COACHING CHECK POINTS @ RELEASE
<p><u>STRIDE</u> STRAIGHT @ CATCHER</p> <p>EXPLOSIVE WALKING STEP - 80 TO 100% OF HEIGHT</p> <p>TOE POINTS INWARDS 25-40</p>	FRONT TOE POINTS IN	<i>PRINCIPLE OF DIRECTION</i>	FRONT TOE - POINTS IN FRONT LEG STRAIGHT
<p><u>ARM ACTION (WINDMILL)</u> ARM STRAIGHT/ RELAXED</p> <p>ARM CLOSE TO EAR AT TOP</p>	ARM BRUSHES EAR AT TOP	<p><i>PRINCIPLE OF LONG & FAST</i></p> <p><i>PRINCIPLE OF DIRECTION</i></p>	ARM AGAINST SIDE BRUSHING SOUND OF ARM AGAINST HIP
<p><u>ARM/HIP COORDINATION</u> HIP PIVOTS FORWARD</p> <p>ARM BRUSHES SIDE</p> <p>THROW FROM STRONG BACK SIDE AGAINST FIRM FRONT SIDE</p>	<p>POPPING SOUND OF ARM BRUSHING AGAINST LEG</p> <p>BACK TOE DRAGS STRAIGHT OR IN “?” FORM</p>	<p><i>PRINCIPLE OF SUCCESSIVE SUMMATION OF LEVERS</i></p> <p><i>PRINCIPLE OF STRAIGHT & STRONG</i></p>	HEAD CENTERED OVER BASE OF SUPPORT BACK LEG FORMS “L” BACK TOE DIGS INTO GROUND - POINTS TO CATCHER
<p><u>FOLLOW-THROUGH</u> ARM CONTINUES UP TO HEAD HEIGHT OR HIGHER</p> <p>BACK FOOT SWINGS OUT FOR BALANCE</p>	ABLE TO MOVE EFFICIENTLY IN ANY DIRECTION AFTER PITCH		PITCHER IN BALANCED POSITION ABLE TO MOVE IN ALL DIRECTIONS

NOTE: The windmill pitch is a double axis motion. The arm circles on a vertical axis, while the hips circle on a horizontal axis. Pitch speed is generated through a smooth, transfer of power from one axis to the other. For maximum power and consistency, the ball must be released as the arm, travelling at max velocity, comes into contact with the hip, also travelling at top speed. When this happens, the pitcher is applying the four note principles of motion, and is said to be throwing efficiently.