

## **WINDMILL PITCH - SUMMARY**

### **COACHES:**

This is a brief summary of the main points to remember about the basic elements of good Windmill pitching technique. Review these notes from time to time with your pitcher(s) to ensure they apply sound principles.

This subject is covered in detail in "GOLD MEDAL SOFTBALL PITCHING - LEVEL 1", available in hard copy or electronic format. See [www.goldmedalsoftball.ca](http://www.goldmedalsoftball.ca).

### **DELIVERY**

- Strive for a smooth, relaxed motion.
- Concentrate on co-ordination of the arm, leg and hip actions.
- Learn to throw straight from the glove.
- Focus on hitting the target.
- Follow through on every pitch.
- Develop a feeling of throwing with body.

### **ARM CIRCLE**

- Keep pitching arm straight, but relaxed. Do not lock the elbow.
- Arm must make largest circle possible.
- Upper arm should brush ear at top of circle.
- Arm must travel in line with direction of force
- Release ball as arm passes hip.

### **STRIDE**

- Starts at same time as arm circle.
- Should be 80 - 100% of body height.
- Keep head centered in base of support.
- Step straight towards target land with toe pointing inward.
- Stride foot should touch ground well before release of ball.
- Stride should feel like exaggerated walking step
- Throw from a strong back side against a stiff front side.

### **HIP ACTION**

- Hips provide a source of power in pitch.
- Hip and arm make contact at release.
- Keep weight back to force hip rotation.
- Dig pivot toe into dirt.

### **FOLLOW THROUGH**

- After release allow pivot foot to swing forward
- Plant pivot foot parallel with stride foot.
- Assume good fielding position.

Coaches can use this short exercise to test pitchers about their knowledge of the Windmill Pitch. It's a good idea to review the Windmill mechanics at the beginning of every season.

### WINDMILL PITCH - EXERCISE

Use the following chart to test your knowledge and understanding of the basic elements of Windmill pitching. You can work alone or in discussion with someone else if you prefer. Simply describe in point form each of the listed mechanics of a Windmill pitch.

MECHANIC	CORRECT TECHNIQUE
STRIDE - Length Direction Stride foot	
ARM CIRCLE	
HIP ACTION	
ARM/HIP COORDINATION	
PIVOT FOOT	