

Orono Baseball Association—Player Training Guide

LESSON: Spartan Pitching Progression

PURPOSE: Learn Pitching Fundamentals consistent with OHS pitching progression

Step 1: Stance

Square to target – quarter turn if comfortable
Glove is North/South – spread fingers, BREATHE
Arm side of rubber is ideal not mandatory



Step 2: Rocker Step

Replace heel with toe-RHP at 8o'clock, LHP at 4o'clock
Weight must be centered over rubber
If hands above head, use button on top of hat as guide

Step 3: Pivot

Foot turns into rubber – not on top or part of rubber
Foot flat and heel very slightly higher for balance and arm care

Step 4: Balance

Leg lift to waist or slightly higher – must be balanced, under control
Lift stride leg knee toward back shoulder/belly button – balance
Foot stays below the knee – foot pointed down, slightly closed



Step 5: Separation/Approach

Hands separate over the rubber – keeps weight back
Separation must happen before approach (stride)
Front side direction to target – point front shoulder and elbow to target as long as possible
Head is level and eyes on target (eyes start on target, leave target and focus back on target)
Front side must be closed (ankle, knee, hip, shoulder)
Work back to front – glove turns over/take chest to glove
Lead Arm--Gets away from body
LHP shows ball to 2B and RHP shows ball to SS
Arm swing complete when the stride foot hits the ground
On landing, throwing hand must be at highest point
Stride foot lands on ball of foot slightly closed



Step 6: Release/Follow Through/Extension

Quiet head and eyes stay focused target-location
Take chest out over front leg
Back parallel to ground after follow through
Back heel to sky
Have eyes and nose follow ball through location