

Maintaining Good Posture Throughout Pitching Motion

- Chest should remain high throughout
- No bending at the waist at any point of the motion
 - Think hinging at the hip instead of letting the chest fall
- Shoulders should stay in line with hips
 - Butt should not stick out towards glove hand when stride foot strikes the ground (no Betty Booping!)



- Chin should not lead your pitch so that your weight can stay over middle/back side of body
 - Head should be over back hip when stride foot strikes
- Pitcher should not be bent over at any point of the pitch making her look like a bowler
- Posture becomes a very important aspect later when learning and throwing the drop, change, and rise with accuracy



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