

Pitching Assessment

C= consistently
I= inconsistently
N= not at all

Player's Name: _____

Stride:

_____ Stride foot lands on the power line

_____ Stride foot lands at a 45 degree angle

_____ Length allows for momentum without throwing her off balance.

Arm Follow Through:

_____ Elbow is in front of the hip

_____ Elbow and upper arm are over the power line

_____ Elbow is bent leaving the arm in an "L" or "V" shape

Posture:

_____ Body is upright throughout the pitch

_____ Knees are slightly bent throughout the pitch

_____ Head is "quiet" and looking in the direction of the target throughout the pitch

Body Rotation:

_____ Hips naturally rotate as a result of the 45 degree stride foot angle

_____ At the end of the pitch, the body is completely squared to the target.

_____ The driving knee finishes in front of the stride knee and is pointing toward the target

Arm Circle:

_____ Loose and relaxed with a slight bend in the elbow

_____ Upper arm brushes by the ear in the first half of the circle

_____ Pinky side of the forearm brushes by the leg in the second half of the circle

Coaching Tips:

- Choose **1** thing at a time to focus on
- Focus on her mechanics, not on where the ball goes
- Tell her what to do instead of what not to do
- Set reasonable yet challenging goals
- Proper mechanics are the key to speed AND control
- Learning to pitch well requires poise and determination far more than it requires athleticism