

UNA BASEBALL

Pitching Absolutes

- I. Understand the importance of Grip – Use of the seams
 - A. Fb – Ch
 - B. Breaking balls and splitty
- II. Gunsight “L” position
- III. Arm angle (arm path)
- IV. Rotation around the head
- V. Stay on line
- VI. Rotation vs Push off or drive off the rubber
- VII. Stride length
- VIII. Where to pitch on the rubber
- IX. Follow through is a product of efficient mechanics