



Standards of Instruction

As an affirmation of my commitment to fastpitch pitching excellence I will encourage and instruct in efficient and safe pitching mechanics. Below is a list of “foundational building blocks” that will be a staple of my instructional methods:

- Posture and Core Stability
- Internal Rotation
- Brush Trigger
- Arm Whip
- Timing and Balance
- Hand Orientation
- Ball Release Timing
- Drive Leg Engagement
- Backward Chaining/Progression Training
- Positive Coaching

As an affirmation of my commitment to fastpitch pitching excellence I will refrain from teaching mechanics that may be inefficient or unsafe. Below is a list of movements which will not be in my instructional methods:

- Hello Elbow/Forced Release
- Wrist Flips
- Locked Out/Straight Arm
- Exaggerated Open/Close
- Glove Arm Extremes
- Palm down or towards 2nd
- Palm out at 12 o'clock
- Muscling forward action
- To Open/To Closed at release
- Arm Circle not parallel with PL
- Ninja Move (no brush trigger)
- Extreme Spiraling pitches
- Forced Figure 4/Flamingo
- Stride foot landing angle extremes
- Stride foot landing heel first
- Stride leg unstable at time of release
- Crow-hopping/Airborne thrusting foot

Signed: _____

Date: _____