



NAME: Peter Engle

SET UP: Solid set up. Relaxed with eyes focused on the job at hand, throwing to the glove. Knee's must be bent to maintain an athletic position at the start of the motion.

MECHANICAL ISSUES: At leg lift, when it is time to create momentum there is a slight "stop at the top" which throws off the timing sequence during the throwing phase. When on one foot, the glove side angle is a little low as compared to the throwing side which will cause the glove side to open up. Thus causing the shoulders to begin the throwing motion early, prior to the stride foot hitting the ground.

POSITIVES: Great dynamic balance throughout the motion. The head stays stable for the entire sequence. Glove is stuck directly over front knee and chest swivels to the glove, which enables a straight line through release.

SOLUTIONS: Work on getting the butt or the back pocket of the pants going to the target once the leg is lifted. A slight bend of the knees to start in a more athletic position will help control the greater momentum created. To raise your glove side higher when on one foot, think of throwing through the glove. This will cause the glove to break higher and ensure posture. With the equaling of the glove side and throwing arm, it will allow for greater delaying of the shoulders once the stride foot hits the ground. This will allow you to create energy from the ground up (knee, hips, shoulders) instead of trying to create power from the shoulders on down. Remember, you should not begin to throw the ball until after the stride foot hits the ground. A mental fix for delaying the shoulders can be to think of showing your back numbers as long as possible to the catcher. Maintain balance (keep head straight) while attempting to create greater delaying of your shoulders.

DRILLS: 1. Wall Drill 2. Cross Behind Throws
3. Knee Throws 4. Delayed Shoulder Towel Drill

PITCHING NATION'S
6 Absolutes
of a professional pitcher

1. MAINTAIN DYNAMIC BALANCE
2. STRIDE/MOMENTUM
3. MAINTAIN POSTURE ON ONE FOOT
4. HEAD IN BETWEEN FEET/LAUNCH
5. WORK FROM THE GROUND UP
6. STRAIGHT LINE THROUGH RELEASE

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PURCHASE DRILLS

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<p>Wall Drill</p> <p>BUY</p>	<p>Cross Behind Throw</p> <p>BUY</p>	<p>Knee Throws</p> <p>BUY</p>	<p>Delayed Shoulder Towel</p> <p>BUY</p>
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