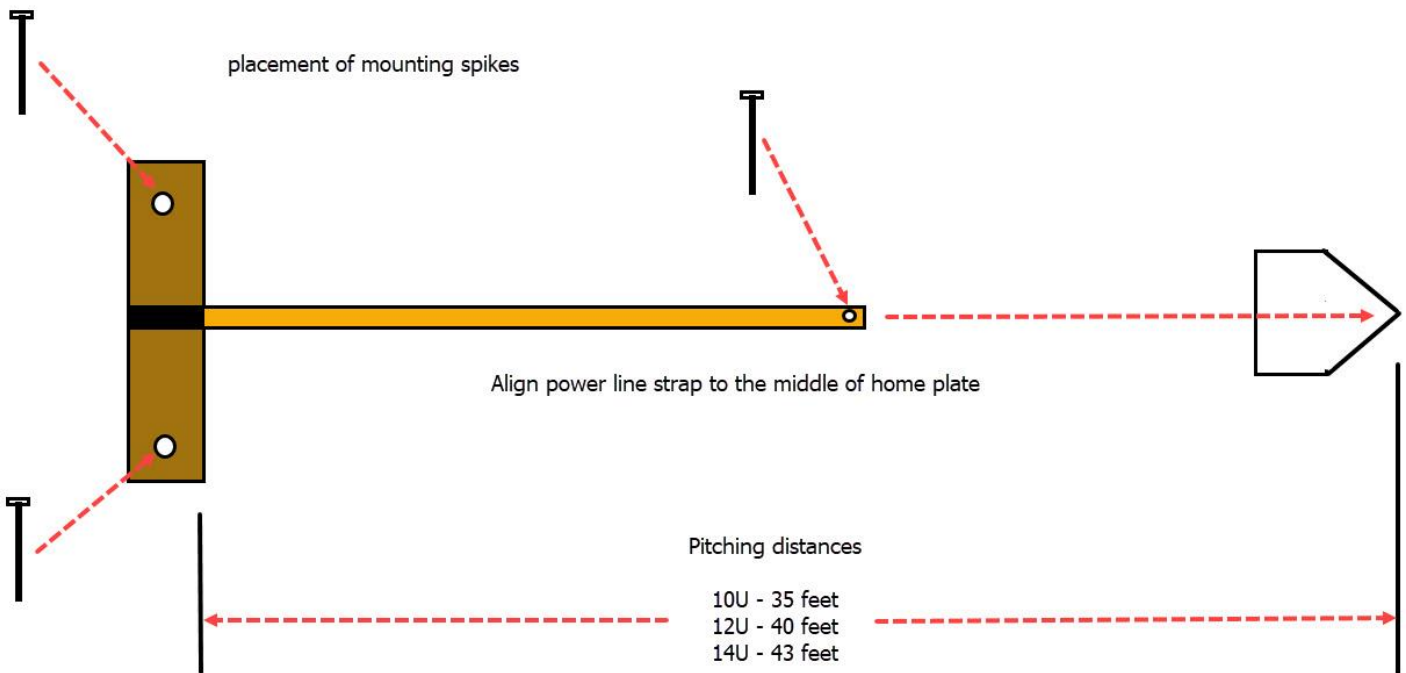


Pitcher's Training Aid/Tool

The purpose of this aid/tool is to teach players that are beginners in the Pitcher position to throw accurately and avoid hitting batters. By following the 'power line' on the first step along with the arm motion, players should be able to throw softballs to home plate thus keeping the ball out of the batter's boxes. This tool is available for check out from the league. The 10U division will have first priority on the tool.

Please return the tool at the end of the season so that others can benefit from its use.

The pitcher's tool includes three 8" spikes....two for securing the mound and one for the alignment of the center strap (power line). You will need to have a hammer to drive the spikes into the ground (not provided). The following diagram shows the placement distances and alignment to home plate.



Pitcher's Training Aid/Tool

Steps for use:

- Have the pitcher place the 'lead/push off' foot on the center line of the mound
- Start the pitching motion.....the 'stride/jump out' foot should land slightly left of the 'power line' strap
- The pitcher's arm motion should coincide/align with the 'power line' strap
- Encourage the pitcher to 'snap' the hip close....from sideways to forward-facing the catcher
- The drag foot should come forward allowing the snap of the hip
- At the end of the pitching motion, both feet should straddle the power line strap
- **Note:** as long as the pitcher's arm stays close to the hip and leg, the ball direction should be down the middle of home plate

