



Bears 7 Step Windup

-  Set Up
-  Rocker
-  Pivot
-  Balance Point
-  Hand Separation
-  Power T
-  Release/Follow Through

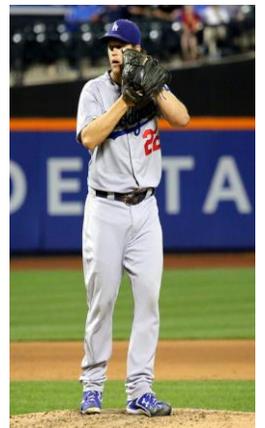
Set Up

- Right hander is on right side of rubber, left hander on left side.
- Pitcher stands tall, relaxed and balanced. Body can be squared or slightly angled to the plate.
- Weight evenly distributed on both feet.
- Hands together in middle of body with ball hidden in glove.
- Focused on the catcher's mitt.



Rocker Pivot

- Pitcher takes a short start-step to the side or back.
- Head has little movement, focused on the catcher's mitt.
- Hands can stay still or move up to chest high to create rhythm.
- Body stays balanced over posting leg and under control as he starts to pivot in front of the rubber.



Please note: During the wind-up, many pitchers are too aggressive with their overall body movements and make a mistake and try to generate power at the rubber. Staying under control is the key to

getting into good body position. Remember, you don't generate power until landing, so your movements stepping back, pivoting, and moving forward shouldn't be too aggressive; better to be slow and under control.

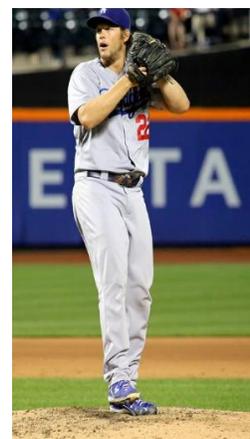
Balance Point

- Lifts leg under control, lead ankle stays under knee.
- Stays tall, posting leg firm but slightly flexed.
- Head is over ball of posting leg foot.
- Front shoulder and head lined up with target.
- Front hip closed off, back pocket facing hitter.
- Glove stays in the center of the body.
- Lift leg thigh parallel to ground or higher.
- No pause at top of leg lift.
- Stays tall but post leg starts to flex to keep weight back.

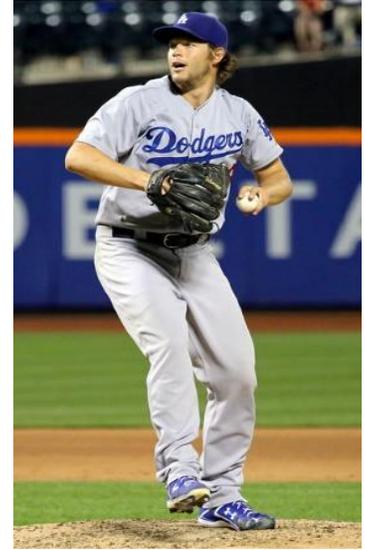


Hand Separation

- Hands break *thumbs down* in center of body as leg starts down.
- Lead with hip.
- Lead leg drops down and drifts out along the ground, slightly in front of the lead hip, with side of shoe.
- Front foot closed.
- Back foot pushes down and back against the ground and rubber using full bottom foot.
- Back knee stays over back foot.
- Throwing arm flexed, fingers on top of the ball.
- Head stays level.

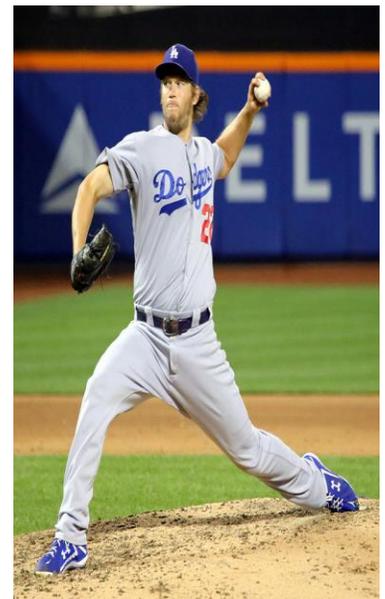


- Hips open as foot turns over to land.
- Hip opening is the signal to get throwing hand up; both elbows come up to shoulders - glove elbow slightly above shoulders, throwing elbow slightly below shoulders.
- Trunk still closed.



Power T

- Lands *flat footed*.
- Lands front foot closed 1-2 inches across midline.
- Landing knee flexes 135 degrees.
- Stride length about 90% of body height.
- Trunk is closed.
- Back foot heel comes up as hip comes forward.
- Weight transferred to front of posting foot.
- Head stays level and back behind belt buckle — nose over belly button.
- Shoulders lined up between home and second base with lead elbow pointing at target ready to start down — glove getting ready to tuck.
- Throwing hand is cap high.
- Chest is thrust out which brings elbow behind the line of the trunk.



Release ➔ Follow Through

- Trunk flexes forward.
- Throwing arm goes to full extension with fingers behind the ball.
- Elbow in-line with shoulders.
- Head is level and still in-line toward the target.
- Trunk flexing forward pulls backside away from rubber.
- Back heel up facing back.
- Head and trunk move out over the landing knee.
- Glove pulled in.
- Trunk flexes forward to near flat back position.
- Full body weight supported by braced lead leg.
- Head and shoulder finish out and over landing foot.
- Throwing hand finishes down and outside of lead leg shin.
- Back of shoulder is facing hitter.
- Pitcher tracks ball to target and readies to field position.

CREDIT: BASEBALL-PITCHING-TIPS.COM

