

## 6 POINT CHECKLIST (SHORT VERSION)

*You can print this page and use it as a quick/easy reference (check things off as you go)*

### 1. Overall Rhythm & Tempo, Stride Direction and Ball Release

- Rhythm & Tempo: Fluid/Smooth \_\_\_ Stiff/Mechanical/Slow \_\_\_
- Stride Direction: Good (maintains driveline) \_\_\_ Offline \_\_\_ (*note: may not be an issue if shows good balance throughout*)
- Ball release: Good (out front) \_\_\_ Too Upright or Pulling Off to Glove Side \_\_\_

### 2. Early Momentum (weight shift) and First Move Out of Leg Lift

- Good Early Weight Shift \_\_\_ Lack of Early Momentum \_\_\_

### 3. Back Leg Action and Early Stride Phase

- Engages Well (sits into stride) \_\_\_ Stiff/Passive \_\_\_ Caving in \_\_\_
- Loaded/Closed Hips \_\_\_ Unloads Hips Early \_\_\_

### 4. Unwind into Foot Plant

- Throwing Arm Arrives Cocked \_\_\_ Arm Cocks Too Early or Late \_\_\_
- Good Hip/Shoulder Separation \_\_\_ Lack of Separation \_\_\_
- Front Knee Pointing at Home \_\_\_ Too Closed or Open \_\_\_

### 5. Front Side Stabilization Through Ball Release (Launch)

- Glove Arm Firms Up Well \_\_\_ Glove Arm Flies Open or Drops Early \_\_\_
- Strong/Stable Landing Leg \_\_\_ Front Knee Collapses Over Toes \_\_\_

### 6. Finish and Deceleration

- Hips Get Through/Rotates Well \_\_\_ Picher Blocks Himself Off \_\_\_
- Pitcher Vaults/Drifts towards Home Plate after Ball Release (inefficient) \_\_\_
- Smooth Deceleration \_\_\_ Jarring/Upright Finish \_\_\_

**See the Long Version and 5 Moves Checklists for more detailed explanations**