

ADDRESSING THE STAKE From The Desk of John Martin =- Lesson 4



I started this series for beginners but have received several e-mails from veterans who believe some of us long time but low percentage pitchers could benefit from reviewing these tips as well. The pitching basics within are the recommendations of some of the top pitchers from the past to the present. Although I have condensed various fundamentals from only a few, the detailed instructions on how to pitch can be found on several sites on the internet. It may be worthwhile to examine some of the finer "Nuts and Bolts" of pitching by reading the full content of some of the articles written by top notch pitchers, like Ted Allen, Elmer Hohl, Carl Steinfeldt, Walter Ray Williams and many others.

Ted Allen had this to say about what he termed the "square stance" delivery. Perfect balance means perfect coordination and accurate alignment.

At no time should you stand ridged or tense, your body should be erect, with your muscles free from tension. Always assume a square stance by pointing your right toe straight at the opposite stake. Your left foot can be a few inches ahead or behind your right foot but kept parallel with the right. Don't ever allow your toe to be off to the right as this will "off balance you" and cause your shoe to go off line to the right.

Rest most of your body weight on the right foot and as you swing your shoe backward, relax your right hip and knee and bend slightly forward at the waist. Your weight remains on your right foot until your forward step is almost completed. Now your body weight smoothly shifts to the left foot, you straighten up as you swing forward and release.

The square stance should become a habit and this habit is essential, here's why.. If you pitch 100 shoes and get 30 ringers (30%) about 15% of your misses are due to poor turn and trajectory. The remaining 85% of the misses are due to poor alignment. O.K. now get out there and practice. Next we'll work on turn and trajectory... jm