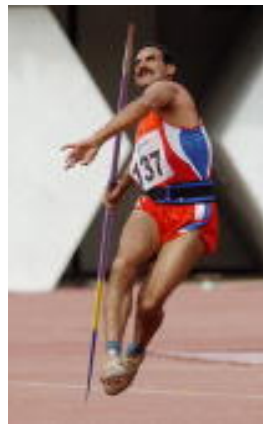


BioForce Baseball Academy Teaching Pitching Principles, Not Style

- 1) **Generate Energy** (Early Momentum)
 - a. Athletic Stance
 - b. Dynamic Balance



- 2) **Consistency** –
a. Maintain Posture throughout delivery



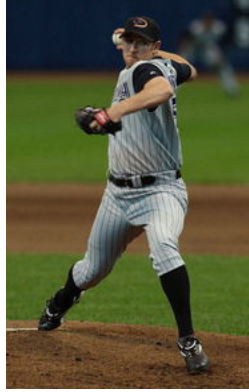
Stable upper body posture



Posture Change

3) Timing Mechanism

- a. Equal and Opposite Elbows at foot-strike



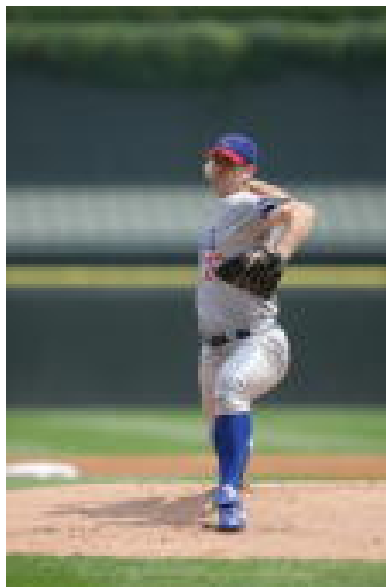
Elbows Equal at foot-strike. Shoulders closed to target at foot-strike.

4) Power

- a. Late Torque/Separation (hips and shoulders)



Hip and shoulder separation. Notice shoulders closed at foot-strike.



5) Control

- a. Aggressive Glove Side
- b. Stacking



Bring body to glove. Chest and eyes going to the target.



Common Pitching Myths and Conventional Wisdom

- Get on top of the ball – Change arm slot
- Drop and Drive. Push off the rubber.
- Power comes from the push off or drive
- Slide step for faster delivery
- Don't throw a curve until you are 16
- Don't Cross Over
- Point Your Toe
- Don't land on your heel
- Ball against the wall will make you throw harder

The BioForce 8 Qualities of Results-Oriented Coaches

1) Constantly Building the Relationship

- Accept the person as-is.
- Believe the Young Athlete can be better tomorrow than today
- Trust

2) **Build the Right Atmosphere for Learning**

- Practice Tempo
- Skill Specific Drills
- Measurable Results
- Enthusiasm and High Energy
- Skills and Drills Handbook
- Plan, Plan, Plan

3) **Become the Competent Mentor**

- Do No Harm |
- Know Your Stuff
- Clarity
- Keep it Simple
- Understand Students Needs

5) Enlist Outside Proof

- Such as Pictures
- Test
- Quantify
- I-Me Should not be included
- 1% Rule

6) **Become Master Facilitator**

- Ask more than Tell
- Guide, not Command/Demand
- Honor others Perspective
- No “My way or the Highway”

7) Become a Person of Wisdom

- Look at all things with a long-term, balanced, principle-centered perspective

8) **Make a True Connection**

- 3 Learning Styles
 - Hear
 - See
 - Feel
- Know their learning strengths
- Adapt to them
- Appropriate touch (APPROPRIATE)

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