

FOOT-UNDER-KNEE DRILL

Purpose

This drill promotes the proper action of keeping the foot under the knee in the delivery. Many pitchers like to have their foot out away from the body, which causes the pitcher to lean back to compensate.

Equipment

A chair or something similar to block the player's foot.

Procedure

Place the back of the chair in the path of the straying foot. Pitch the ball without kicking

the chair. When the pitcher can throw without hitting the chair, his foot should be under the knee (figure 4.4).

Keys

This is a hard habit to break. Many repetitions of this drill may be necessary.



Figure 4.4 Foot-under-knee drill.