

LEG SWING DRILL

Purpose

This drill promotes proper stride-leg action for getting into the gathered position. Some pitchers like to swing the leg up and behind them instead of just lifting the leg and slightly rotating the hips.

Equipment

None.

Procedure

Start in the stretch position, but place the stride foot on the second-base side of the pivot foot (figure 4.3). With the stride foot on top of the rubber, lift the leg straight up to the gathered position, pause, and proceed to pitch. The adjustment with the foot makes leg swinging impossible. The pitcher should practice the up, down, skim-the-ground leg action when doing this drill.

Keys

A serious leg swinger should do this drill every time he throws in the bullpen until it becomes habit. Leg swinging causes rushing in the lower body.



Figure 4.3 Leg swing drill.