

## Is a Pitcher's Weight Forward or Back when they pitch?

This question is often asked about pitcher's so let's look at some pictures of some of the top pitchers in the world taken during the most recent Olympic Games in Athens, and see if we can figure this out for ourselves.

Remember that It's physically impossible for a pitcher to take a stride forward and keep her weight back at the same time. Pitchers who try to do this end up crow-hopping (double planting) as a result of their weight being more over their back foot. What a pitcher must accomplish is a forward explosion with their lower body (stride) at the beginning of the motion and then once the foot plants, the movement forward stops and the explosion then happens with the hand into the release zone. A pitcher can't keep moving forward after they plant their stride foot or else they'll end up taking their upper body weight past their feet and they'll fall over – face first.

Let's look at a series of pictures of these world class pitchers taken during their strides and see just where their weight is – front or back...

**When looking at these pictures to decide for yourself where a pitcher's weight stays during the motion, remember the following:**

- a) If their weight stays back – it stays over the pitching rubber or over the back foot**
- b) If their weight goes forward – it stays over their front foot or moves away from the pitching rubber**

*NOTE: I've flipped these pictures so that each pitcher was moving in the same direction to make it easier for you to view – it means that in some cases the picture might show ASU instead of USA on their uniforms...*



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SO, WHAT DO YOU THINK??

Hopefully after looking at these different pictures, you'll realize that what I said in the beginning is what really happens;

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