

**Pitching Progression:** ( find the “C” laces on your ball and position your pointer, middle, and ring fingers across the top of the “C” with your thumb underneath).

**1 – wrist flicks** – standing close to you catcher – isolating the wrist snap only.

**2 – T’s** – standing sideways to your catcher – glove pointing to your catcher – pitching arm pointed in opposite direction from glove.

**3 – K’s** – standing sideways to your catcher with your pitching arm at the top of your arm circle.

**4 – Sideways circles** – standing sideways to your catcher, glove and pitching arm with ball pointing towards your catcher, weight on your back leg with weight transfer to front leg with snap of the ball.

**5 – Starting position** – 2 feet on the pitching rubber, arms separated for presentation, then transitioning into your pitching motion.