

8B the Crow Hop

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The purpose of this document is to describe the Crow Hop. I am going to take a new approach to this sometimes confused subject. Before I describe the crow hop when pitching underhand, I will describe it as used when throwing from the infield or outfield. It should not be used there either.

The Throwing Crop Hop

When throwing on the run, you can either throw off the front or back foot. The only way to throw on the run and throw off the back foot is to crow hop. In other words, you have to push twice consecutively off the back foot (feet) without ever pulling off the front foot. With no hips like ours, a crow does not have a front foot. http://en.wikipedia.org/wiki/American_Crow .

Throwing On the Run

When throwing on the run it is more efficient and powerful to use the hips by first pushing off the back foot then pull off the front foot with your head all the way up as you release the ball. In contrast: when throwing with a crow hop the head stays down like a crow and you hop forward twice off the back feet releasing the ball after the second hop.

Pitching On the Run

Now that we understand the throwing crow hop while throwing off the run, we will more easily recognize the crow hop when pitching on the run either underhand or overhand. Pitching on the run off the back foot is illegal in both Fastpitch and Baseball. On the other hand, pitching on the run off the front foot is legal in both. When pitching on the run legally, the head is down when we push off the rubber off the back foot and the head is up when we release while pulling off the front foot.

Head Down and Head UP

Whether pitching or throwing, you have to be able to throw both with your head down and head up. For example: you need to throw off your back foot when fielding a ball off the outfield wall and throwing to the relay man (man or woman), when catching and throwing to second base, or when playing shortstop and making a long quick throw out of the hole to first. In other words, there are times you do not have time to throw on the run. When pitching, you want to learn to throw head down and head up or off both feet to both expand the strike zone and change the batter's timing. One of the major problems I see is throwers and pitchers not keeping their head down when throwing off the back foot or not bringing their head up when throwing off the front foot. With the head up the chest is out and the balance is back on the heels and outside of the foot. With the head down the chest is in and the balance is forward on the toes and the power is to the inside of the foot. If you can do it overhand, you can do it underhand. Learn to throw off both feet. Learn to throw on the run. Learn to throw

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without running. In other words, learn to throw both with head down and head up so you avoid the Crow Hop.

Summary: 8B the Crow Hop

The purpose of this document was to describe the Crow Hop. I took a new approach to this sometimes confused subject. Before describing the pitching crow hop, I first described the crow hop when throwing. In other words, before I described the crow hop when pitching underhand, I described it as you see it used when throwing from the infield or outfield. Since most of the throwing power comes from the hips, avoid the crow hop whether throwing or pitching.