

## **8E Release Timing Trigger**

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The purpose of this document is to describe timing (specifically release timing) in pitching, hitting and throwing. In a throwing motion, something has to trigger the release. The release is the inside-out explosion or outside-in snap that ejects the ball or twirls the bat. In all types of throwing, whether throwing a bat or pitching a ball (underhand or overhand) that timing mechanism should be found in the hips.

#### **Trigger found in the Hips**

Before we can understand release timing, we must understand the various ways the hips are used for different types of throws. I am not saying we have to use all the types of throws. I am saying the hip motion has to be correct for the type of throw being used before it can be used as a timing trigger. It may sound complicated, but once you understand how the hips whip the arms the timing makes sense and triggers the whole process. It is like a bull-whip. I have never used a bull-whip, but I know the power and the trigger comes from the stiff and heavy part of the whip. I can also see there are several ways to trigger the bull-whip (overhand, underhand, and sidearm with horizontal (twisting) or vertical (thrusting) hip movements). Just like the power of the bull-whip comes from the heavy stiff portion of the whip, the power of any throwing comes from a stiff heavy core of the body. The speed of the bull-whip comes from that power combined with the length and flexibility of the whip. The trigger is when you stiffen the core of the body and pop the hips. When I throw, I focus on the trigger which controls the whole body during the throw. In other words, I set up the trigger for each throw. When we understand the hip motion for the various types of throws, we will understand the trigger for each.

#### **The hips Twist or Thrust**

The hips move the body in many ways, but the most powerful ways are the horizontal twist of pulling and the vertical thrust of pushing. Before the trigger is pulled, you can combine the two in many ways, but I believe the secret to the most power is to be twisting horizontally or thrusting vertically when you stiffen the core or pull the trigger. Because we want to make the most use of gravity, most often twisting is done off the front foot and thrusting is done off the back foot. But there are exceptions like in hitting where twisting off the back foot is common. Remember from previous documents when we twist our weight is on the outside of the feet and when we push or thrust our weight is on the inside of the feet. Whether twisting or thrusting, the trigger is when we stiffen the core to release the power from the big bones out to the small bones.

#### **Stiffen the Core to Pull the Trigger**

A discussion of change-ups is probably the best place to start in explaining release timing. Remember that change-ups are pitches that leave the thumb on the ball. This requires a release point that will throw the arm at the target. So far we have practiced taking the thumb off the ball on one pitch and putting it on the next. Now we can add a

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timing mechanism that will help us control the change-up and transition back and forth between change-ups and fastballs. With a change-up, just pull the trigger about 90<sup>0</sup> earlier. Set up the change-up by preparing your grip, getting your balance and focus on the release point trigger, the same way you prepare for every pitch.

### **Hitting**

Throwing inside-out is the quickest way to get the bat into the hitting zone and keep it there. The bat twirl keeps it there for more contact even if your timing is not perfect. The bat twirl also produces a “level” swing. It is not level, it just does not have any holes from the viewpoint of the pitcher or catcher. They see a line coming in line with the ball. The release timing or trigger for throwing a bat is exactly the same as throwing a ball. Depending on the pitch, sometimes you prepare for a twist, and sometimes you prepare for a thrust. The time from the trigger to contact is faster than you can think. So you set up to pull the trigger on every pitch, and the only decision you make is to stop the setup. Since you are relaxed before the trigger, it is easy to stop the setup or check the swing. This ability to check the swing is huge.

### **Summary: Release Timing Trigger**

The purpose of this document has been to describe timing (specifically release timing) in pitching, hitting and throwing. In a throwing motion, something has to trigger the release. The release is the inside-out explosion or outside-in snap that ejects the ball or twirls the bat. In all types of throwing, whether throwing a bat or pitching a ball (underhand or overhand) that timing mechanism or trigger should be found in the hips.