

## **8F Twisting and Whip**

### **8F Twisting and Whip**

The purpose of this document is to describe two ways to use the hips when throwing: the twisting whip and the non-twisting whip. Whether throwing a bat or a ball, there are two ways to create the whipping action. Plus, because we have two feet there are three ways to do each of those types of whipping actions: off one foot or the other, or off both feet. That seems complicated enough, but there is one more level: in-side out (overhand or underhand) and outside-in (sidearm). We use the hips when throwing. We throw inside-out without a wrist snap or outside-in with a wrist snap. And we have two feet, so luckily that is as complicated as it gets. This document will focus on the two ways we use the hips when whipping a bat or ball: Twisting and Not-Twisting.

### **All Together Now**

Before I begin I must first say why we need to learn both hip movements. Plus, why would I want players to learn them from the beginning? The answer is easy, because it is easy and more natural to whip both ways, depending on the situation. Every position on the team requires both types of throws. Plus it makes hitting much more natural (easier). So (all together now for both hitting and throwing) I will describe both hip movements.

### **The Non-Twisting Whip – The Windmill**

First, I will describe the least common and most powerful whip, the non-twisting whip. It is the most powerful because it takes the most advantage of gravity and long arms. Like the other whip, it can be done off the back foot, both feet, or off the front foot. Since it is a pushing motion, it comes off the inside of the feet. It is powered from the core of the body by a non-twisting thrust or push of the hips. Because windmills do not twist, I call the non-twisting whip the Windmill.

### **The Twisting Whip – The Figure 8**

The most common and less powerful whip is the twisting whip. It is the most common twisting motion you see from the front hip off the front foot in a batting swing, or the common twisting motion from the back hip off the back foot in a throwing motion. It is less powerful than the non-twisting whip, but more common because it is easier to control with the thumb and shorter arms. Because the twisting shoulders cause the arms to look like an 8, I call the twisting whip the Figure 8.

### **Timing**

Besides control and power, we need to know both types of whip for timing. Catchers use the non-twisting whip because they have little time to get rid of the ball, same for second basemen on a double play and shortstops or third basemen making a long throw from the hole. Outfielders save time with the non-twisting whip when throwing off the back foot after running backwards. It is the natural thing to do. It is characterized by a slide step to the inside of the back foot. Hitters use the windmill (non-twisting whip) when hitting off the inside of the back foot to reach the most low

## 8F Twisting and Whip

and away pitches. They also use it off the back foot to hit the most inside pitches, whipping the bat inside-out to hit against the spin of the ball. Hitters also use the non-twisting whip with two strikes off both feet for better timing and bat control. Timing also comes in to play when throwing or hitting a changeup.

### Changeups

The timing is in the hips. Changeups are the result of leaving more flesh especially the thumb on the ball at the release point. The timing of the release point is based on the twisting or non-twisting hip movement. At the release point we eject the ball from the hand inside-out, flip the ball from the hand outside-in, or snap the ball from the thumb and forefinger (either outside-in or inside-out). Having the thumb on the ball changes the release point and the timing of the whip. For example: with a twisting whip it is easier to get the thumb off the ball with a front hip twist and to keep the thumb on the ball with a back hip twist. The opposite is true with a non-twisting whip that is faster off the back foot and slower off the front foot because of the thumb. With changeups, the timing is in the hips. You want to hide your changeups with the hips. To change up off a front hip twisting whip, just use a back hip twisting whip with your thumb on the ball. To change up off a back foot non-twisting whip, either use a well hidden back hip twisting whip, or a sidearm back flip “thumber” off the inside of the front foot. But remember the shorter arms when twisting are easier to control. It is the same for hitting a changeup. When we twist our head is up, our chest is out, and our arms are bent (shorter). It takes time to step into a pitch. When hitting a changeup, use that extra time by stepping into the pitch and hit it by twisting (or not-twisting) off the front foot.

### Summary: 8F Twisting and Whip

The purpose of this document is to describe two ways to use the hips when throwing: the twisting whip and the non-twisting whip. Whether throwing a bat or a ball, there are two ways to create the whipping action: twisting and non-twisting hip action. Sometimes we need to be quick and sometimes we need to slow things down. To be a good ballplayer we need to know how to get power, control and timing from the hips with the two different ways we whip the ball or bat (Windmill or Figure 8).