

## **8G Butt and Elbow - Up or Down**

### **8G Butt and Elbow - Up or Down**

The purpose of this document is to describe important keys to proper throwing. Earlier documents described throwing with or without twisting. We whip the bat or ball with our hips in a pushing or pulling motion. The hip and elbow positions are good keys because they go together for balance and that balance is opposite for pulling and pushing. When throwing by pulling with a twist, the butt and elbow are both down. When throwing without twisting (by pushing), the elbow and butt are both up. In other words, at the release point when you get power from your hips and release the ball the positions of your butt and elbow are balanced and key the power you can develop.

### **High Straight Lines or Low Curved Lines**

When you see a pulling motion, you see curved lines where both the elbow and butt are low. When you see a pushing motion, you see straight lines where both the elbow and butt are high. To understand this key, notice the balance between the butt and elbow: they are both either up or down.

### **High Butt High Elbow with head down - for Pushing**

When viewing a pushing motion, you see long straight lines. Also notice that when we stand straight up our knees are slightly bent and our butt is slightly down. In other words, our butt is highest when we are slightly bent forward at the waist. That is the pushing position (windmill position – because windmills do not twist). The head is down for pushing, the butt is up and the elbows are up (and together). In the pushing position we are whipping the body without a twist. All the lines are straight and long. The power comes from the hip bending at the waist without any twist.

### **Low Butt Low Elbow with head up – for Pulling**

The balance for a pulling motion is the opposite. When pulling the head is up, the balance is for twisting on the outside of the feet. You see curved lines with the chest out, the butt down, and the legs and arms slightly bent. That is the pulling position (Figure 8 position – like the Figure 8 throwing position). Even the grip on the softball or bat is curved when pulling with the thumb on the side. By contrast, when pushing even the grip on the softball or the bat is long with the thumb away from the forefinger.

### **Use both Keys when pitching, throwing or hitting**

Learn how to hit rise balls and drops both inside and outside from that high hip position. In other words, hit the ball where it is easier to hit and not just over the plate by expanding your coverage. Learn how to throw hard off both the front and back foot. Learn how to throw soft off both feet also. Whether pitching, hitting or throwing whether underhand, overhand or sidearm you can key on these elbow and butt positions balanced up or down.

## **8G Butt and Elbow - Up or Down**

### **Summary: 8G Butt and Elbow - Up or Down**

The purpose of this document was to describe important keys to proper throwing. Earlier documents described throwing with or without twisting. We whip the bat or ball with our hips in a pushing or pulling motion. The hip and elbow positions are good keys because they go together for balance and that balance is opposite for pulling and pushing. When throwing by pulling with a twist, the butt and elbow are both down. When throwing without twisting (by pushing), the elbow and butt are both up. In other words, at the release point (when you get power from your hips and release the ball or twirl the bat) the positions of your butt and elbow are balanced and key the power and control you develop.