

8N Hide the Ball

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Hiding the Ball from the Batter

Hiding the ball is simply keeping your body between the batters eyes and the ball for as long as possible. Hiding the ball makes it harder for the batter to pick up the pitch and determine which way or how fast it will be moving. For example: it is easier to hit batting practice off a live pitcher that shows the ball than from a gun that just spits out pitches at different speeds and spins.

Arm Swing and Wrist Flip

The most popular method of pitching fastpitch these days focuses on arm swing and wrist flip. It is an outside-in or sidearm movement that shortens the arm on release. However, the best pitchers of all time used an inside-out movement that lengthens the arm. The King Eddie Feigner of The King and His Court fame, Ty Stofflet, Jimmy Moore and all the best pitchers for many years went inside-out and lengthened the arm. Even the current fastest male fastpitch pitcher Andrew Kirkpatrick lengthens the arm. The same is true for the fastest baseball pitchers like Tim Lincecum. It is easy to hide the ball when extending the arm.

Extend the arm inside-out

The best method of pitching focuses on bending and extending the arm so the ball is light on the fingers upon release. In other words, like a whip all the work and spin is accomplished early in the movement. Hiding the ball and extending the arm go together. The more you hide the ball, the better the speed, spin and control. When you are focusing on extending the arm, the footwork is natural. Just like throwing when playing all the other eight positions, there is no need for leaping when pitching. The only positive to leaping is you get closer to the plate, but it is much more important to make the ball change speeds from various release points to cause good apparent movement. Without the problem of banging your forearm against your side or throwing the ball into your front leg, when you are extending the arm you can easily keep the ball and your hand hidden behind you body until release.

Summary: Hide the Ball

The purpose of this document is to describe the advantages of hiding the ball when pitching. There are obvious advantages to keeping the batter from seeing what you are doing with the ball for as long as possible in the delivery, but there are also some other technical advantages that add movement, speed and accuracy to the pitch. Hiding the ball is impossible with the current fad, but it is the secret to the inside-out arm extension used by the great pitchers.