

### Both Feet Pitching, Most Important Points

My previous documents are [“Both Feet on the Rubber”](#) , [“Strikes Around the Edge”](#) and [Both Feet Pitching, Basic and Advanced](#). The purpose of this document is to define the most important points of those documents and say a little more about turning for more speed.

### First, the Less Important Points

The less important points are helpful, but I have seen pitchers not use them and be very good.

#### The Grips

The grips I presented are my favorites, but I have seen pitchers throw great with only one grip. In other words, they use only one grip for rise drop and change for both high and low releases. They just whip the ball off different parts of the fingers, always using either a long or short grip (open palm or closed palm).

#### Pushing off the Toes or Heels

Some pitchers do well by always pushing back off toes or heels. I like the lower release point off the heel and the higher release point off the toe. Plus, we naturally push off our toes and pull from our heels. But some pitchers get by with one or the other by aiming their pitches.

### OK, Now the Most Important Points – The Whip and The Turn

The whip happens with a backward move, just like snapping a towel. This move happens in the middle of a forward turn. Both the whip and the turn are initiated by the feet, the lower body. We are turning and whipping the whole upper body. The shoulder and whole arm must be relaxed. The shoulder moves with the turn. The hips move with the turn. The whole body turns in the same direction, back and forth. The faster you turn the faster the pitch, but not without the whip. Imagine snapping a towel without the whip. Imagine snapping a towel with a whip and a turn.

The turn is first clockwise then counterclockwise, or first counterclockwise then clockwise, but always ending in the direction of the pitch. For example, if you push off the right foot you turn counter and if you push off the left foot you turn clockwise. So, if throwing off the front foot and pushing off the right foot to get there, the first turn is counter and the second turn is clockwise; making the ball move left to right. Another example: if throwing off the back foot the first turn comes from the left ankle, and the final turn comes from the right ankle with a whip off the heel or toe in the middle of the second turn. The turns come from the ankles and the whips come from the heels or toes while turning.

### Summary: Both Feet Pitching, Most Important Points – Whips and Turns

The purpose of this document is to define the most important points of those documents and say a little more about turning for more speed. Turns come from the ankles. Whips come from the heels and toes while turning. Push off the right foot to turn counter and push off the left foot to turn clockwise.