

Wrist Cocking Copyright Robert D. Pace 7/9/2020

The purpose of this document is to define wrist cocking for pitching and hitting. Pitching Hitting and Throwing are very much related. When we throw either the sweet spot on the bat to a pitched ball or a ball to a batter, we should cock our wrist. This document will describe why we cock our wrist, and why we should learn to do it both ways in both pitching and hitting, in both fastpitch and baseball. No matter which position we play on defense, we need to learn how to cock our wrist when throwing and it depends on the situation how we want to cock it. By the way, cocking the wrist is just the way we twist the wrist before we begin the forward motion of our throw. So, if we have to learn both ways to play defense, we can easily learn both ways for offense.

Short Review

From previous documents, remember that which side of the index finger the ball comes off determines the direction of spin, same for the thumb on a change-up. If we are throwing low to a base, we do not want the ball to spike the ground low; and if we are throwing high to the chest-level, we want the opposite spin so our misses do not sail high. Sometimes we have to throw on the run, or across the body. Sometimes we have to throw off the back foot and sometimes off the front. Sometimes we have to throw coming up and sometimes coming down. So, on defense, without even thinking about it, we learn to do some interesting things. From only one grip, we learn to cock our wrist both ways and throw off the top of the ball, side of the ball, and back of the ball. We also learn to throw off both sides of the index finger. We have to do all this to just get the ball to go straight to our target, with our misses being easy to handle. When pitching, we may want our misses going the opposite way, so we use the opposite wrist cock.

Starting Point

We all learned wrist cocking without thinking about it. Now to apply it to hitting and pitching, we must think about it. Go to a tennis court or any other wall and stand close to the wall in an open-stance (feet parallel to the wall). Throw to the wall without moving the feet. This is what a catcher does all day long back to the pitcher. He even does it on a quick throw to second base. This open position forces us to throw overhand off the side of the ball with a twisting motion. To show our teammate the ball, everyone uses this throw in a run-down. If we are right-handed, to get the twist and get the ball to go straight, it is done over the right leg. Practice this throw cocking the wrist both ways (clockwise and counter clockwise). Propel the ball with the lower body, not the fingers. Relax. Discover what cocking the wrist does to the throw. When we throw with the lower body, we are whipping the arm. Both wrist cocks naturally speed up the whip and spin the ball.

Then, Summary, Wrist Cocking

Once we learn to use both wrist cocks from this open position, we can easily do it from the other positions we use on defense. For example: another twisting throw, a closed position (over the front foot), and then throws from a straight stance (neither open or closed) when turning (not twisting) off both the front and back feet. However, when turning we will be throwing off the top or back of the ball (overhand) or top or bottom of the ball (underhand). The secret is to whip the arm with the power of the lower body, after the wrist cock the arm just goes along for the ride and it is very easy to whip to the different release points. Don't forget to relax the upper body. We do it on defense without thinking.