

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

The purpose of this document is to define wrist cocking for pitching. 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 define why we cock our wrist both ways for pitching in both fastpitch and baseball.

Starting Point

When warming up, practice all the different ways we throw on defense, but since a pitcher does not always want his mistakes to fall towards the middle of the plate, practice both wrist cocks from each release point.

For review, the release points are: 1. Twisting overhand or underhand 1a. on the side of the ball from an open position over the back foot 1b. On the side of the ball from a closed position over the front foot. 2. Turning overhand or underhand, back foot and front foot. 2a. On the top of the ball. 2b. On the back of the ball overhand. 2c. On the bottom of the ball underhand.

From each release point practice both wrist cocks, both sides of the index finger, and same for the thumb. If it hard to move from one to another, whip the ball with the lower body. Warm up with all the release points. Get the ball to spin without using the fingers, a natural spin caused by the wrist cock and the whip. Get the timing. Then you can start full speed. Since you are just whipping to different release points and one or the other sides of the index finger, it feels the same no matter which release point.

Strike Zone

The strike zone has 15 sides. It sits over the plate. Where its size depends on the batter's stance. The ball just has to nick one of those 15 sides to be a strike. Sometimes you want your misses to fall in and sometimes to fall out of that zone. The top middle and the bottom middle of that strike zone are just as good as the outside. When throwing on the back side or the bottom side of the ball the misses will generally be up towards the corners. When throwing on the top side the miss pattern will be generally down towards the corners. So, when you need a strike aim for the top or bottom middle of the strike zone. When you do not need a strike, use the other wrist cock and aim for the edge of the strike zone.

Practice

Practice throwing away from the batter. Save the twisting pitches for special K's. Throw off the back foot away righty vs. righty. Throw off the front foot away righty vs. lefty. Then every now and then come back inside using those same two pitches to keep them honest. In doing this you will be pointing away and breaking away or pointing in and breaking in all while hiding the ball and getting full turns to your whip.

Summary, Wrist Cocking for Pitching

The purpose of this document is to define wrist cocking for 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 defines why we cock our wrist both ways for pitching in both fastpitch and baseball.