

Quick Turns - The Key to Speed

The purpose of this document is to describe the turns required to maximize speed in pitching. Previous documents: [“Both Feet on the Rubber”](#) , [“Strikes Around the Edge”](#), [Both Feet Pitching, Basic and Advanced](#) and [Both Feet Pitching, Most Important Points](#) are background material. This one will focus on the quick turns that will generate the whip and speed. The previous documents described the power coming turning from the feet and large muscles and bones of the lower body, as opposed to the smaller muscles and bones of the upper body and twisting. Now we focus on increasing that power with quick turns from both feet on each pitch.

Up to the High Release, Down to the Low Release

We quickly turn up to the high release on top of the ball and down to the low release on the bottom of the ball. We turn up on the inside of the feet and down on the outside of the feet. In other words, up to the toes and down towards the heel. It’s just the way we turn. We go either up or down when we turn. When we twist, we stay at the same level; and twist at the hips. As you will find out, just like a golf swing, there is more speed in turning. Plus, there is more natural spin in turning. For example, we can’t turn without spinning the ball and the quicker we turn the more the spin.

Turning both ways on each pitch

We turn one way to get the arm moving and the other way to release the ball. If we begin with a clockwise turn, we end with a counter-clockwise turn. If we begin with a counter we end with a clockwise. We can begin with a counter easier off the front foot and we can begin with a clockwise easier off the back foot. Of course, the way we are turning at the end determines the way the ball will break. If we are turning clockwise upon release the ball will move clockwise. We start the turns with the ball held so that the hand will be under the ball on the low release or over the ball on the high release. The key is to do all the work with the lower body during both turns. Just relax and see how fast you can turn to get that thing going. Forward movement and hand muscles just get in the way.

Summary: Quick Turns - The Key to Speed

The purpose of this document is to describe the turns required to maximize speed in pitching. We quickly turn up to the high release on top of the ball and down to the low release on the bottom of the ball. We turn up on the inside of the feet and down on the outside of the feet. There is natural spin in turning. We start the turns with the ball held so that the hand will be under the ball on the low release or over the ball on the high release, naturally. The key is to do all the work with the lower body during both turns. Just relax and see how fast you can turn to get that thing going. Forward movement and hand muscles just get in the way.