

## **Sidearm (Arm-swing Wrist-flip Head Pulling) Footwork**

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The purpose of this document is to define the footwork used for sidearm throwing. From the beginning I have described hitting as throwing the bat head at the ball, and I have encouraged extending the arms when throwing. I have also described two completely different and correct ways to throw. One is rotational with a slow two circle figure 8 pulling type movement, and the other is a quick linear pushing (with a non-twisting pivot) windmill type movement. Sidearm throwing is a combination of both. In other words, it is both linear and rotational, and so is the footwork. I believe a study of sidearm will expose some problems caused by that footwork.

## **A Linear and Rotational Combination**

Sidearm throwing is linear and rotational. It begins like a linear windmill and at the windmill pivot point the forward motion is stopped and it rotates. This rotation causes the balance on the front foot to move from the toe and inside to the heel and outside of that pivot foot. In other words, it causes a lateral (side to side) movement that encourages arm-swing and wrist-flip.

## **A Side to Side Movement**

Lateral sidearm footwork exposes some problems for hitting and throwing. When hitting, it pivots the hitter's head to the side away from the ball. In throwing, that lateral pivot puts (sinker slider) sidespin on the ball making accuracy much more difficult. In both hitting and throwing that side to side movement encourages arm-swing and wrist-flip or the sidearm release. Because the small muscles and bones are being overused, wrist flip causes problems with the elbow and arm-swing causes problems in the shoulder.

## **Sidearm Footwork**

Sidearm footwork is like throwing or hitting off both feet at once. It starts out like a pushing move then at the pivot it becomes a pulling move. We push and pivot off the toes and inside of the feet, then we use the heel and outside of the feet to pull. Sidearm footwork pitching Fastpitch causes horrible holes in the pitching area, and the same footwork also tears up a batting box.

## **Summary: Sidearm Footwork**

The purpose of this document is to define the footwork used for sidearm throwing. From the beginning I have described hitting as throwing the bat head at the ball, and I have encouraged extending the arms when throwing. I have also described two completely different and correct ways to throw. One is rotational with a slow two circle figure 8 type movement, and the other is a quick linear (with a non-twisting pivot) windmill type movement. Sidearm throwing is a combination of both. In other words, it is both linear and rotational, and so is the footwork. I believe a study of sidearm footwork will expose some problems caused by that footwork like head-pulling and side-spin.