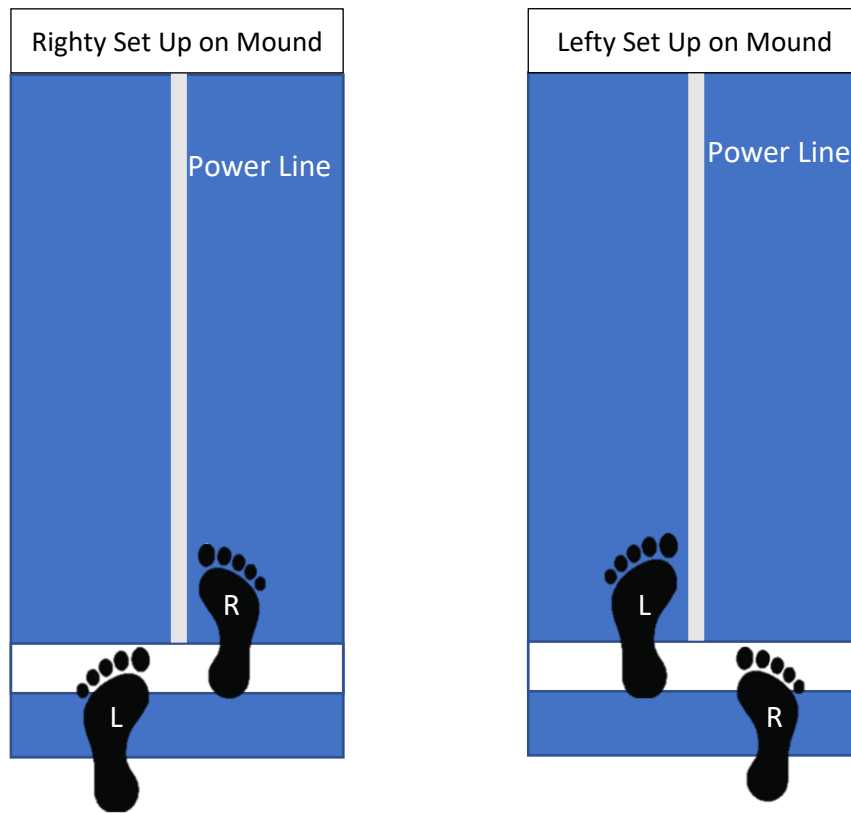


## Footwork on Mound



- Step onto mound with the big toe of your front foot right next to the power line (an imaginary line that runs straight from the middle of the mound to the catcher)
  - Consider the power line as your center of gravity: your body should stay and gravitate toward that line throughout the pitch
- The back foot should be a comfortable distance (shoulder width) on the backside of the mound
- Both feet should have the middle of the foot across the rubber so that the rubber acts like sprinter's blocks to help drive the body forward off the mound
- The back foot is your stride leg, the front foot is your drag foot/leg