

Power K Drill

The Power K drill is exactly as it sounds. You are making a K letter with your body in order to produce a pitch with power and velocity.

The point of this drill is to:

- Feel where the body needs to be positioned at each stage of the motion
- To be in control of the body
- To break the motion into phases so it's easier for the mind and body to digest, then hopefully replicate

Checks for the Power K drill: Phase 1:

1. Stride foot lands on power line at 45 degrees
2. Glove hand is pointed straight out at target
3. Pitching arm is straight and located behind head
4. Shoulders and hips are facing sideways (door is open)
5. Body weight when stride foot strikes the ground is on same leg as pitching arm
6. Up on big toe of drag foot

Power K drill: Phase 2:

- Using power of drag leg (since all weight is on it) begin transferring weight from back hip to front hip
- Arm starts coming down the hill, wrist is engaged, thumb leads pitching hand
- Glove hand pulls down to side of body (the harder the pull down, the faster the arm will come down)
- Drag foot (up on big toe still) should make an 'S' shape, where the back hip swivels behind the body then comes back in line with the front hip to complete the pitch
- Release is relaxed and loose, arm naturally whips forward in front of body

Having the weight over the back leg is one of the biggest adjustments that I see girls need to be making.

If you are struggling with more than one these struggles, take it one step at a time! Focus on one check for 5-10 reps, then work the next one.

Control your body and your muscles! If you are truly pushing off the mound with an explosive movement, it should be hard to stop at the K position. But have enough control and discipline to make that stop and feel where the body needs to be positioned throughout the motion.



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