

## Sideways Push:

With drive foot (left foot for lefties, right foot for righties) placed sideways directly in front of mound, lift the opposite leg to 90 degrees. Push lifted leg down the power line while going through motion with arm. Pitcher should be down the power line just as far, or close to where they are striding when facing forward.

### The Point of This Drill:

- To work on getting the pitching arm in the correct slot when the body is opened properly in the motion.
  - If shoulders and/or hips come too soon before the arm is reaching the release point, the ball will roll or be on the pitching arm side of the plate every single pitch.
- Pitcher should also be working on an explosive push off the mound, not just stepping straight down with 90 degree leg.
- Arm speed should also be high to get the arm in the release slot consistently. Work a clean, loose follow through!

### Kick it up a notch!

- Use the power pod under the back foot
- Add a resistance loop



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