



## Starting Mechanics

The starting mechanics should be simple. The arms may swing back as long as the palm goes up towards the sky.

Start in a very comfortable position with most of the weight on the push leg. Example shows weight on my right leg due to being a right handed pitcher. (Image 1)

First motion is to drive hips back towards centerfield. You may raise the toe (Image 2) to help push the hips back or keep toe down (Image 3).

We do not want to squat in the wind up so the hips are loading and ready to fire along with the legs.

