

# *Ten Do's and Don'ts of the Windmill Pitch*

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## **DO:**

1. Always try to make your pitching arm pass over the head (12 o'clock position) while your weight is on the drive leg.
2. Always try to swing the arms up with the body.
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4. Always land with your stride leg pointed as close as possible to the catcher.
5. Always try to release the ball at the hip.

## **Don't:**

1. Do not push your drive leg off the pitching rubber before your stride leg lands on the ground.
2. As you bring your arms up for the pitching motion, your pitching arm will make a 360 degree circle while your balance arm will go up about 90 degrees and come back down. Do not let your balance arm swing off to the side; it will diminish the power of the hip snap.
3. Do not lean over as you bring your arms up. If you do, your natural 360 degree arm circle will begin out front and cause you to let go late.
4. Do not land side ways on your stride leg. If you do you are likely to develop knee, hip, or ankle problems.
5. Do not release the ball out in front of the body (except on the change-up). The ball should be released behind the shoulders.

In his playing days, Tim Timmons racked up a record of 335-37 in Division A Fastpitch. He's taught some 35,000 students and coached 35 National Youth Champions.