



Fingers may be too wide

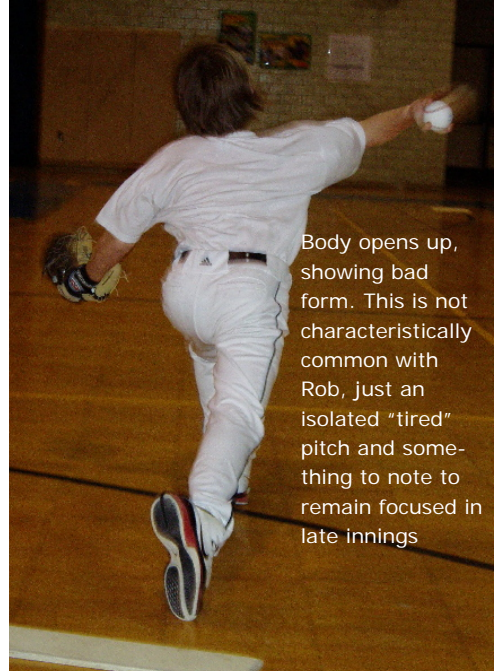


Great Form!

Hand on top of the ball at this point is excellent



Arm should form an "L" and needs to



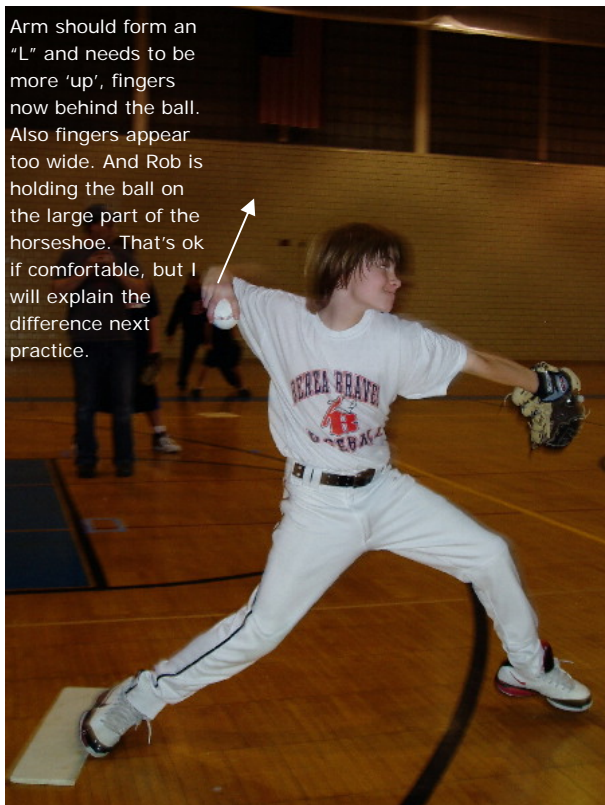
Body opens up, showing bad form. This is not characteristically common with Rob, just an isolated "tired" pitch and something to note to remain focused in late innings

I liked that Rob takes his time to think through his approach and mechanics. However, I'm concerned that he "works too slow" and will lull his infield asleep. I'd like to see him pick up the pace and set a more upbeat rhythm. We will work on this during scrimmages, but overall I like his work ethic and mature approach to getting it right.

Keep in mind, I'm no Pitching Coach, but there are a lot of things I like about this approach. Hand is appropriately on top of the ball, Rob's elbow is above his shoulder in most of these photos, weight looks nicely distributed, step/foot, glove hand, eyes are pointed and focused on the target. Very good!

Each of these pictures are of different throws. These are not consecutive shots of the same pitch. Here everything looks fine, but I believe the hand/ball need to be coming more over the top and not selling out for side-arm. The wrist should have been turning over by now. Again though, good stepping and pointing toward the target.

TIRED PITCH
This was one of Rob's last throws of the practice sessions. I had advised him that it would be his last throw and may have prompted him to "put a little on it". The results ended up in him losing focus and resorting to sloppy mechanics. The shoulders have now opened up and glove hand no longer pointing toward the target, weight looks a little distributed too forward and of most concern is the stress that he is putting on his arm. One thing that we will work on in these short pitching sessions is being consistent, throwing the 60th pitch the same as the 1st. It's a lack of concentration mixed with a tired arm/body seeking the least resistance.



Arm should form an "L" and needs to be more 'up', fingers now behind the ball. Also fingers appear too wide. And Rob is holding the ball on the large part of the horseshoe. That's ok if comfortable, but I will explain the difference next practice.



Good Focus!

I like the weight distribution and focus. Although once again a bit worried about the hand still being on top of the ball at this point and believe the wrist should have begun to roll over and arm should be more over the top.

Great follow-through. Rob has some great mechanics and in my opinion is going to be a very nice pitcher. There are many more aspects to learn about the position than mechanics, but I have high hopes for all.