

Stay tall when pitching

1. A lot of people are so concerned with keeping their head down that they lean down towards the ball and crunch their arms up and either duff the ball or scoop up and skull the ball.
2. If you keep your height your leading arm can stay straight which will give you consistent connection with your pitches.
3. So turn through your pitch shots, keeping your lead arm straight, do not dip down and your pitching will be much more consistent

GOOD LUCK