

**Comments:****Balance Point (Picture 1)**

- Relaxed, hands in correct position, proper turn and load

**Break Out (Picture 2)**

- Good balance and load
- Glove is a little low, and you could afford to stay a little taller but otherwise good.

**Stride (Pictures 3-6)**

- Head is following your front foot when your head (and weight) should still be back over your back knee until your arm starts to move forward. In picture 5, your head should be back closer in line with your back knee. This is similar to your swing which you stay back until you drive through the ball. You should be back until you make a move to drive through your release to the target.
- Stride with front foot is more straight out (picture 3), or flat, rather than down the slope of the mound. This causes a "hard landing" which compromises your release point consistency. Your front foot should move closer to the ground so that the landing is softer and all of your lower body energy is focused down toward the catcher.
- Glove is out toward the target correctly and thumbs are down to put yourself in a good position to turn your shoulders.

**Drive and Extension (Pictures 6-9)**

- Very good overall. Glove is coming back to the body correctly, your head stays on the target and up through your extension (picture 9). Back foot turns correctly and stays back through extension to target.

**General Comments**

- Overall very good. The only major aspect to correct is staying back and striding down with the slope of the mound. This can be achieved through the Balance Point to Power Position Drill, without a ball in a controlled fashion to ensure that you are staying back and striding down the slope to the target.