

# SEQUENCE

## OVER

# STRENGTH

THE MISSING LINK IN PITCHING MECHANICS



by **Coach Skip Fast**  
*Starting Position*

# About Coach Skip Fast

For over 25+ years, Coach Skip Fast teaches pitching by fixing the **order of movement**, not by chasing strength or speed.

His approach focuses on **sequence, balance, and feel**—not forcing velocity or chasing mechanical checklists. By training **proprioception** and restoring the **kinetic chain**, pitchers learn to throw with better command, smoother rhythm, and less arm stress.

Instead of piling on cues, Coach Skip teaches pitchers how to **feel breakdowns as they happen and self-correct in real time**. The result is mechanics that hold up in games, not just in practice.

**When the body moves in the right order, performance takes care of itself.**

Learn About *Sequence Over Strength*  
Fix My Pitching Mechanics

Coach Skip Fast helps pitchers improve command, efficiency, and arm health by teaching **sequence over strength**.

His feel-based instruction trains proprioception and the kinetic chain so mechanics stay repeatable under pressure—without forcing velocity.

# How To Use “Sequence Over Strength”

## **Proprioception comes first.**

You feel when your body is in the correct position before power or command exist.

## **Then the kinetic chain delivers.**

That proprioceptive signal triggers the glove hand to allow the throwing arm to naturally produce velocity and command without forcing the arm.

## **Sequence creates strength.**

When the order is right, the ball finds the target with speed and repeatability.

## **This Isn't About Fatigue. It's About Clarity.**

You are teaching your body ...

- What does the correct position feel like,
- How to arrive there without rushing, and
- How to repeat it on command.

**Positions held become positions owned.** When the cocked position is repeatable, the throw becomes reliable.

**Master the position first. The release takes care of itself.**

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# **“The *missing* foundation of pitching mechanics.”**

**Master your instructions one step at a time.**

- 1. Your Starting Position.** “Get stacked. Get quiet. Stay athletic.”
  - 2. Your Diamond.** “Knees over little toes—stack the diamond.”
  - 3. Your Glove Hand.** “Glove hand under chin.”
  - 4. Your Front Leg Lift.** “Lift—don’t lean.”
  - 5. Your Glove Hand Cocking Position.** “Show your glove hand.”
  - 6. Your Throwing Hand Cocking Position.** “Let the arm be steady.”
  - 7. You’ll master “Your Quiet Front Leg” and “Your Release” after you master your “Cocked Position.”**
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# Your “Starting Position”

**Barebones Instruction:** You begin with your feet “one baseball width” apart.



**Supplemental Instruction:** To start, your pitching motion begins with your starting stance, where every adjustment affects the entire kinetic chain and makes command and timing less consistent.

A simple rule, “one baseball width apart”, provides a quick, physical reference for repeatability.

Maintaining this distance keeps your feet parallel, encourages hips and shoulders to stay aligned toward the plate and allows you to efficiently rotate and shift weight through the delivery

By keeping the front foot “one baseball width” from the back foot, you preserve a closed front side, maximize hip-to-shoulder separation, and create the potential for explosive rotational energy while maintaining consistent command.

A standardized starting position ensures your leg lift and load are repeatable, giving you a solid foundation for the rest of the delivery.

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# Your “Diamond”

**Barebones Instruction:** Next, place both knees over the little toes of your feet.



**Supplemental Instruction:** With your feet together, next, your “diamond” places your knees over the little toes of both feet.

The “diamond” isn’t just a position; it’s a complete energy-management system that guides your body from start to finish.

By aligning both knees to form a diamond shape and maintaining the same back-leg diamond throughout your motion, you stabilize the lower body

and prevent one of the most common pitching flaws: the early, uncontrolled shift of the center of gravity.

Your knee configuration works as both a visual and proprioceptive cue. You see it and feel it, giving you a rock-solid reference that reinforces stability under pressure.

The “diamond” ensures you keep your hips centered, maintain weight over the drive leg, and prevent the stride from collapsing, lunging, or falling forward

With the diamond in place, energy doesn’t leak forward. Instead, you glide down the mound in a smooth, athletic track, preserving all stored power for rotation and release.

The “diamond” is a simple cue with massive impact. Trust it, feel it, and let it do the work!

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## **Your Glove Hand** **Starting Position**

Barebones Instruction: **Place your glove hand palm under your chin.**

## Supplemental Instruction:

With your feet together and your knees over the little toes of your feet, your glove hand palm starts just below your chin, keeping your weight toward your back foot and preparing for a smooth, controlled delivery.

After taking the sign from the catcher, you bring both hands together to grip the ball and position your glove hand under your chin.



Keeping your hands near the chin hides the grip from the batter, preventing anticipation of pitch type, maintains timing consistency throughout the delivery, positions hands high and near the body's midline, and minimizing wasted movement before the arm layback

From this starting position, your hands transition directly into the front leg lift, setting the foundation for proper sequence, separation, and rotational leverage.

You establish a consistent, hidden starting point and set the stage for the hand break and separation that drives a powerful, repeatable pitching motion.

## An exercise to practice your “Starting Position.”

1. Get into your “Starting Position”,
2. Hold your “Starting Position” for the count of 1001, 1002, 1003,
3. Step back with your front leg, and
4. Begin all over again.

Do this practice session at least 25 times a day.

Next, go onto your “Front Leg Lift.”

## Your “Front Leg Lift”

**Barebones Instruction:** The object is to keep your front knee even with or in front of your front shoulder. To do this ...

1. You rotate your front leg outward which brings,
2. Your front heel even with your back toes, and
3. Your front toes pointing toward the target.



**Supplemental Instruction:** With your body in your Starting Position, your front knee aligns with your front shoulder, your front heel is even with your back toes, and your front toe points toward the target.

Your front foot lift establishes balance and direction early in the delivery.

You achieve this position by rotating the front thigh outward, lining your front knee with your front shoulder and your front heel with your back toes.

As a result, the front foot naturally points toward the target setting proper stride direction.

Your alignment presets your hips, stride path, and momentum, allowing the front leg to prepare for its critical role as the bracing mechanism during rotation.

Your front leg lift position sets up efficient weight transfer into the rotation phase, establishes clean direction, and creates the leverage necessary for maximum power and control.

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**An exercise to practice your “Front Leg Lift.”**

1. Get into your “Starting Position”,
2. Hold your “Starting Position” for the count of 1001, 1002, 1003,
3. Get into your “Front Leg Lift”,
4. Hold your “Front Leg Lift” for the count of 1001, 1002, 1003,
5. Step back with your front leg, and
6. Begin all over again.

Do this practice session at least 25 times a day.

# Your Glove Hand “Cocked Position”

**Barebones Instruction:** Your glove hand palm faces the target with your glove hand inside your glove hand elbow.



**Supplemental Instruction:** When you have completed your front foot lift, the “Cocked Position” brings together all previous concepts, arm alignment, directional anchoring, and separation, into one comprehensive stage of the delivery.

The glove-hand palm faces the target and settles inside the front elbow. The hand, forearm, and elbow align directly with the target, creating a clear sightline and directional anchor.

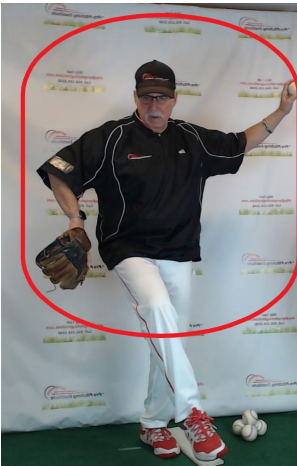
From this position, the glove arm serves as a directional anchor, keeping the head and eyes stable over the stride foot. Your front-side stability allows the body to rotate powerfully without drifting, improving both accuracy and repeatability.

A stable front stabilizes the head and body, enabling the pitcher to deliver the ball with precision velocity and command, not just throw hard.

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## Your Throwing Hand “Cocked Position”

**Barebones Instruction:** Your throwing hand is about eye high with your throwing hand inside your throwing hand elbow and your throwing hand palm facing second base.



**Supplemental Instruction:** To reduce stress on the shoulder joint, the throwing hand is nose-high, oriented toward the corner base. The elbow is slightly above shoulder level, with the forearm vertical.

Your alignment ensures force is transferred through the larger muscles of the legs, core, back, and protects the delicate structures of the shoulder.

Your throwing-hand palm faces second base as the arm reaches full layback. This creates an elastic

stretch through the shoulder capsule and the muscles of the chest and core, storing maximum energy for the acceleration phase.

Your position represents the exact mechanical moment where the body transitions from a coiled, stretched state into a powerful, accelerating state.

When achieved correctly, the “Cocked Position” maximizes energy transfer, velocity, command, and long-term arm health.

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**An exercise to practice your “Cocked Position.”**

1. Get into your “Starting Position”,
2. Hold your “Starting Position” for the count of 1001, 1002, 1003,
3. Get into your “Front Leg Lift”,
4. Hold your “Front Leg Lift” for the count of 1001, 1002, 1003,
5. Get into your “Cocked Position”,
6. Hold your “Cocked Position” for the count of 1001, 1002, 1003,
7. Step back with your front leg, let your back leg follow and
8. Begin all over again.

Do this practice session at least 25 times a day.

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*Part 2 of 2*

# The Best Way to Practice Your Position

On your phone, write or copy ...

One baseball width.

Knees in a “diamond” shape.

Glove hand palm under chin.

STOP (hold the position for 3 seconds)

Front leg rotates to the outside.

Front heel even with back toe.

Front foot facing target.

STOP (hold the position for 3 seconds)

Glove hand palm facing the target.

Throwing hand eye high to the corner base side with the palm facing second.

STOP (hold the position for 3 seconds, step back from this position, and start all over again)

Thinking about the motion is as important as practicing the motion.

- Have these notes available when practicing the motion.
- Check your position with each step.
- When unable to do the exercise for 25 times, take these notes out and read over them.

You don't practice mechanics by throwing harder. You practice them by **owning positions**.

## **What now?**

### **How To Move On With Your Instruction**

1. When you're able to do the "Practice Routine" with your eyes closed, move on to the "Second Session."
2. If you're having a problem with the "Practice Routine", send a video of you motion to [contact@propitchinginstitute.com](mailto:contact@propitchinginstitute.com). (Make sure to note your name and the date of the video.)

We'll review your video, check your positioning and either send you to the second section of this teaching or recommend ways to improve your position.

# What You Get!

## Sequence creates strength.

When the order is right, the ball finds the target with speed and repeatability.

“Your body knows first. Your hand responds.”

## Your Front Leg and Throwing Hand are Quiet

**Barebones Instruction:** Your front leg and throwing hand stay still until your glove hand passes in front of your body.



### **Supplemental Instruction:**

This pause creates separation between *setup* and *delivery*, and prevents early movement, rushing, and unnecessary tension that disrupt timing and balance.

By keeping the front leg and throwing hand quiet, you allow the glove hand to initiate the motion and set direction. As the glove hand moves across the body, your glove hand signals the lower half to engage, and the delivery begins on time and under control.

This sequence keeps your head quiet, your shoulders level, and your body stacked over the base.

When your glove hand leads, the rest of your body follows in order. Your motion starts smoothly instead of all at once, allowing energy to build from the ground up rather than being forced by your arm.

**When your leg or arm moves early, you rush. Let the glove go first, then the body follows.**

## Your Glove Hand Elbow

**Barebones Instruction:** When your glove hand begins to turn, your Front Leg and Throwing Hand moves, and you complete your glove hand palm turn to your elbow behind the body or your glove hand elbow behind your body.

**Supplemental Instruction:** Your glove hand elbow behind your body completes the transition from setup to delivery and stabilizes the front side. Turning the glove palm to the target keeps the shoulders from flying open and maintains direction toward the plate.



As your glove elbow works back behind your body, your glove hand elbow anchors your body and allows your throwing shoulder to rotate through cleanly. Your glove is no

longer leading or pulling. Your glove hand creates a firm, stable front side that the rest of your body can rotate against.

Your glove hand movement keeps the head from drifting, prevents early shoulder rotation, and allows the hips to finish before the shoulders fire.

When done correctly, your glove side *stops* while your throwing side *delivers*. Your arm arrives on time, not rushed or dragged.

Remember these cues:

- “Palm to target. Elbow behind.”
- “Show the glove. Hide the elbow.”
- “Set the line. Load the turn.”

**Turn the glove to the target, then tuck the elbow back so the body can throw past it.**

## **When Your Results Are ...**

### **1. High to your throwing arm side.**

Your glove side elbow isn't keeping your shoulder perpendicular to the target.

Your glove hand elbow goes behind your body on the glove hand side.

### **2. When your results are all over the place.**

Your back foot needs to stay bent.

Or

Your front foot is landing before your glove hand fires.

You fix this by increasing your focus on keeping your front leg and throwing quiet until your glove hand is midmotion.

## What now?

### Practicing Your Motion.

On your phone, write or copy ...

One baseball width.  
Knees in a “diamond” shape.  
Glove hand palm under chin.  
STOP (hold the position for 3 seconds)

Front leg rotates to the outside.  
Front heel even with back toe.  
Front foot facing target.  
STOP (hold the position for 3 seconds)

Glove hand palm facing the target.  
Throwing hand eye high to the corner base side with  
the palm facing second.  
STOP (hold the position for 3 seconds)

Swing your glove hand palm across your body in a  
horizontal line.  
End with your glove hand elbow behind your body.

Thinking about the motion is as important as practicing the motion.

- Have these notes available when practicing the motion.
- Check your position with each step.
- When unable to do the exercise for 25 times, take these notes out and read over them.

## **Keeping in Touch with Coach Skip.**

Just like the last time, work on your motion and send your video to [contact@propitchinginstitute.com](mailto:contact@propitchinginstitute.com).

1. **Make sure to note your name and the date of the video.**

Hopefully, your video is just what I'm looking for, but, when it's not, I'll send prescribed revisions.

**When both videos consistently show positioning, you've earned the right to stop chasing mechanics and start pitching.**

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## About Coach Skip Fast



For over 25+ years, Coach Skip Fast teaches pitching by fixing the **order of movement**, not by chasing strength or speed.

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