

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 has been teaching a sequence that builds command, velocity, and confidence into your motion.

Not by adding more effort, not by overworking the arm, but by organizing the body to move in the right order.

The lower body leads naturally, energy flows toward the target, and the arm no longer must compensate.

- That's when command becomes repeatable.
- That's when velocity shows up without forcing it.
- That's when confidence replaces uncertainty.

This isn't guesswork, but rather **Sequence Over Strength**, a system built on how the body moves.

This Is Important

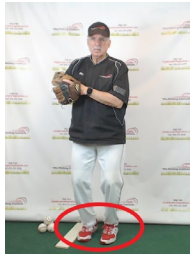
In *Sequence Over Strength*, your motion doesn't begin with effort, it begins with your starting position.

Your starting position positions your glove hand, controls your balance, and establishes your direction.

Your starting position is not just where you stand it's what sets everything in motion.

Your “Starting Position”

Your “Starting Position”



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

Perform your “begin with your feet ‘one baseball width’ apart” five times.

Your “Diamond”



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

Now, perform “begin with your feet ‘one baseball width’ apart” and “both knees over the little toes of your feet” five times.

This is very important.

Your “back leg stays with your toes over the little toes of your back foot” throughout your motion.

Your Glove Hand Starting Position



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

With your glove hand starting position, your weight centers over your back leg.

Now, let’s perform your entire starting position five times.

Practice your “Starting Position” 5 times with a perfect series.

- For your position to be perfect, make sure of your feet, knee, and glove hand palm position.
- Anytime you perform your “Starting Position” with the wrong feet, knee, or glove hand position, begin the sequence all over again.

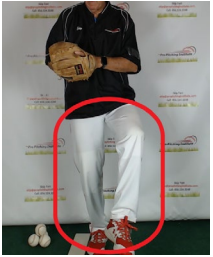
1. Get into your “Starting Position”,
2. Hold your “Starting Position” for the count of 1001, 1002, 1003,
3. Step back with your front leg, and

4. Begin all over again.

Once you've done 5 perfect series, go onto your "Front Leg Lift."

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 lift or rotate your front leg to keep your front knee even with your front shoulder. (Any leg height works as long as your hips are level.)
2. Your front heel is even with your back toes.
3. Your front toes points toward the target.

Note: It's important your back leg maintains the "diamond" position and, more important, your front knee to be even with your front shoulder.

Practice your "Front Leg Lift" 5 times with a perfect series.

- For your position to be perfect, make sure of your front knee is in front of your front shoulder, your front heel is in front of your back toes, and your front toes are pointed to your target.
 - Anytime you perform your "Front Leg Lift" with your front knee not in front of your front shoulder, your front heel isn't in front of your back toes, and your front toes aren't pointed to your target, begin the sequence all over again.
1. Get into your "Starting Position",
 2. Hold your "Starting Position" and make sure your back leg maintains the position for the count of 1001, 1002, 1003,
 3. Get into your "Front Leg Lift",
 4. Hold your "Front Leg Lift" and make sure your front knee lines up with your front shoulder for the count of 1001, 1002, 1003,
 5. Step back with your front leg, and
 6. Begin all over again.

Once you've done 5 perfect series, go onto your Cocked Position.

Your Hands

- At first, do your “Hand Position” with your feet on the ground.
- After performing your “Hand Position” 5 times, then bring your entire motion into the “Hand Position.”

Your “Glove Hand” Cocked Position



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

Practice your “Glove Hand Position” with your feet on the ground 5 times with a perfect series.

- For your position to be perfect, make sure of your Glove Hand Palm faces your target and is inside your Glove Hand Elbow
- Anytime you perform your “Glove Hand Position” with your Glove Hand Palm facing anywhere except toward the target, begin the sequence all over again.

1. Drop your Glove Hand with your “Glove Hand Palm” facing the target and the “Glove Hand Palm” positioned inside your Glove Arm Elbow,
2. Hold your “Glove Hand Palm” position for the count of 1001, 1002, 1003,
3. Let your Hands fall and step back for the next practice series.

Once you’ve done 5 perfect series, move onto your “Throwing Hand” position.

Your “Throwing Hand” Cocked Position



Barebones Instruction: Bring your throwing hand straight up from the glove until your throwing hand is eye height and the throwing hand palm is facing second base.

Practice your “Throwing Hand Position” with your feet on the ground 5 times with a perfect series.

1. Using both the “Glove Hand Palm” and the “Throwing Hand Position”, do the entire “Cocked Position”,
2. Hold your “Cocked Position” for the count of 1001, 1002, 1003,
3. Let your Hands fall and step back for the next practice series.

Remember, your motion is driven by your “Starting Position”, so you want to practice the motion and step back.

To do this, with a perfect series, practice your “Hand Position” with your “Starting Position” and “Front Leg Lift” 5 times walking back from this position.

1. Using both the “Glove Hand Palm” and the “Throwing Hand Position”, do the entire “Cocked Position”,
2. Hold your “Cocked Position” for the count of 1001, 1002, 1003,
3. Step back with your front leg, let your back leg follow and
4. Begin all over again.

DO THIS PRACTICE SESSION AT LEAST 25 TIMES A DAY.

If you’re a sibling, it’s up to you to do your practice session and tell your Parents that you did this motion.

Once you’ve done 5 perfect series, you’re ready to “Move Onto Your Full Motion”.

Supplement Your Practice

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**.

NEED HELP?

Remember contact@propitchinginstitute.com is always available to help you fix your motion.

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.

“Move Onto Your Full Motion”.

Your Glove Hand Action



Barebones Instruction: Move your Glove Hand palm to palm to your Front Hip.

Remember these cues:

- “Palm to Palm finishing with your Glove Hand Elbow behind your body.
- Your Front Leg moves when your Glove Hand begins to turn.
- Your Throwing Hand automatically moves when your Glove Hand moves.

What now?

Practicing Your Motion.

Add the **Glove Hand** action to what is written on your phone or copied on paper ...

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.

Work on your motion and , if you struggle with ANYTHING, send your video to 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.

**Learn About *Sequence Over Strength*
Fix My Pitching Mechanics**