

PITCHING DELIVERY ANALYSIS

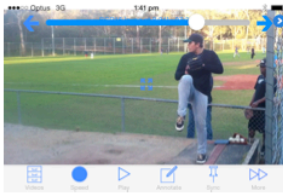
Thorpe from Set Position



Set Position



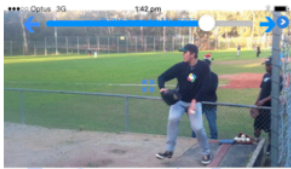
Knee Lift begins - Balanced Position



Top of Knee Lift - Ready to drive with Legs



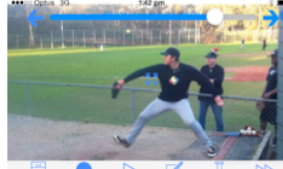
Side ways drive leading with hip, Flex in back leg



Hands break, Head back, stride forward starts



Front arm goes toward target, front leg reaches out, head still back



Driving off back leg, moving weight toward target - Fast



Long stride and separation of front foot and throwing shoulder



Back Leg driving to Extension-Front arm and foot pointing at Target



Foot Plant - front elbow and foot pointing at target, fully extended back leg, throwing arm reaches should height



Strong front leg, bracing for back leg extension causing Powerful Hip Rotation



Back hip is rotating with Throwing arm still back, full rear leg extension, front elbow pulling in to speed up rotational forces.



Hip and upper torso rotating toward the target bringing shoulder into laid back position



As rotation occurs the arm comes through naturally, solid front leg, full rotation of chest facing target



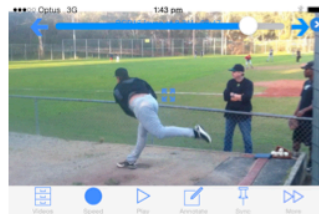
Release point out in front, body weight now out over solid front leg



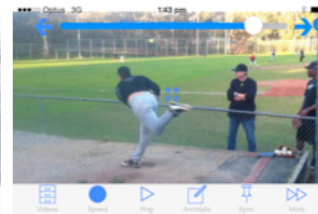
Finally the ball is released as front leg is fully extended maximising hip rotational forces



Follow Through with front leg fully extended, back leg begins to pull through



Throwing arm finished down by front knee, back leg comes off ground as momentum brings it through



Throwing arm shoulder fully rotated through