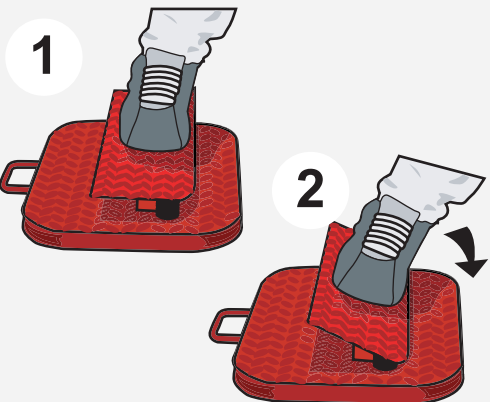


Step 1 and 2 shows how to place your foot on the pivot foot plate and how it moves.

1

2



Step 3 shows how you come balanced after you raise your front foot.

3

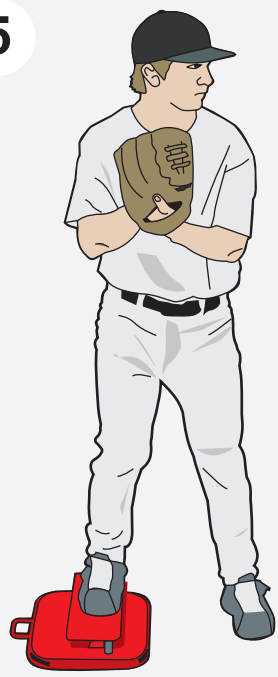


Step 4 shows how you have to put pressure on the "inside" of the back foot and knee to make the foot plate pivot.

4

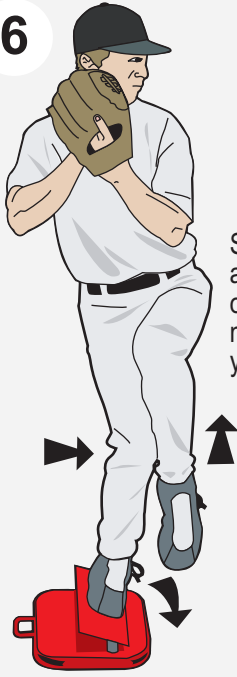


5



Step 5 is your come set position.

6



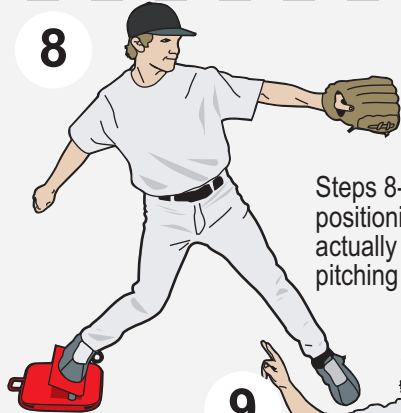
Step 6 Raise your front foot leg and put pressure with "inside" of the back foot and knee to make the foot plate pivot to put you in the proper drive position.

7



Step 7 shows you how the Power Drive Pitching Mound makes your back knee go forward towards home plate.

8



Steps 8-9 shows your positioning while you actually practice your pitching motion.

9

