

When it comes to left-handed pickoff moves, baseball umpires often imagine a line on an angle of 45 degrees from the left corner of the pitcher's rubber. Balk is called if the left-hander steps to the left of the line. However, many left-handers use a trick to get away with it. After hitting their right feet hit the ground, they instantly step and walk toward first base. You should step, throw, and exit the mound. Do not give the umpire sufficient time to observe your footwork.

The secret to a great left-handed move is deciding whether or not you will throw to first base before you come set. If the base runner gives a cue indicating going on the pitch or if he creates a particularly significant lead, you may deviate from the norm and throw to the bag. However, keep things simple: decide early.

If you can maintain your balance until the last second without bringing your left knee back beyond your posting knee, it will be challenging for the base runner to anticipate your move. By raising your leg straight up in a balanced way, you do not "project" your next action - you may be delivering the baseball to home plate or throwing to the bag. This will ensure the runner remains close to the base. However, you must go home with the pitch once you cross your knees. Therefore, attempt to bring your lifted knee up and down in a straight line, not side to side.

If you have a clever move, it is acceptable to sacrifice "speed" in your delivery to get the ball to the plate. In the absence of a trick move, it is crucial to deliver the ball to home plate in less than 1.3 seconds, precisely like a right-handed pitcher.

Avoid revealing your "motive" via head movement. Most base runners know that if you are gazing at them as you begin your move toward home plate, you are heading to the plate. They are also mindful that if you are staring at home plate when you start your delivery, you will likely throw the ball to the bag. Make a concerted effort to relax on the mound. Avoid becoming predictable. Always use the same head movement.

Some baseball coaches prefer to teach two or three pickoff moves to a base. These moves are typically a "best move, medium-paced move, and a slow move. It may be better to use just one move - your best move. Still, to prevent runners from cheating, left-handers may use a short "step back" off the rubber with their left foot and a throw to the bag. Since it may be demanding on the arm, you should not depend on this move as your primary pickoff, but using it sometimes is fine.

Practicing your move in front of a full-length mirror without throwing may be the most effective approach to improve it. That way, without straining your arm, you can focus on the mechanics of the action and develop your body to be balanced and deceptive. When you feel comfortable with the process, have someone knowledgeable in the game stand on first base and call out whether you are heading home or throwing to first base. Try to reach a position where the first baseman cannot know in which direction you are moving. When you get to that point, you have an excellent left-handed pickoff move!