

Pitching

Relax – The most important thing for a pitcher is to be relaxed.
Your primary job as a pitcher is to throw the ball through the target.

Grips:

Fastball: 2 Seam, 4 Seam

Change up: Split change, circle change, palm ball

Think fastball with the change up grip

Mechanics:

Keep it simple, compact and on balance

Lift Knee with foot directly below knee

Balance drill – clear your mind, focus on the target

Separate hands when knee starts down

Break in back leg with weight over back foot

Shoulders, elbow pointing toward to the target

Stride to the target – weight back

Load Drill – weight back, break hands

Weight transfer – arm and body working together

Front foot lands pointing toward target

Weight transfer drill – arm and body in sync

Power – from foot up through the leg, trunk rotation, chest up,
shoulder rotation, drive shoulder through the target, finish through
the target on balance

Follow through drill - on balance

Pitching

Rhythm – must stay smooth, do not jerk

Tempo – must stay constant, don't hurry

Accelerate – push with throwing side, do not pull from front side

Focus – Clear your mind except for the target

A consistent release point is the result of good mechanics, balance, rhythm and tempo.

Get hitters to hit "your pitch" by changing:

Location

Speed

Direction

Holding runners on base:

Very timing to the plate

Very timing to first base

Hips must be quick on pick off to first

Ball directly to ear level

The slide step

Very looks to second

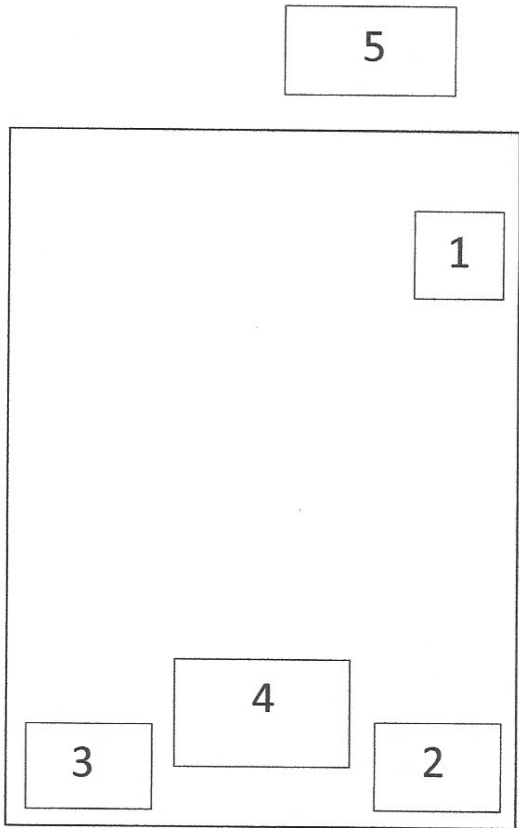
Standard spin to second

Inward "spaghetti" move

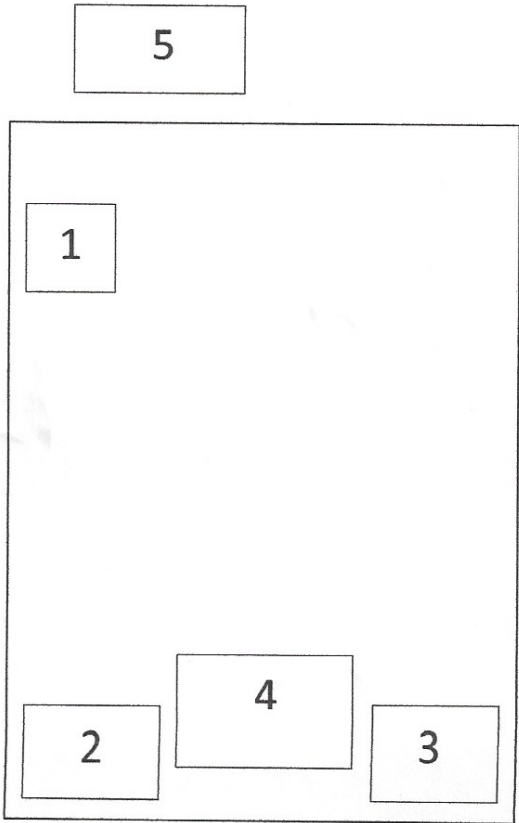
Practice relaxing, rhythm, tempo and focus every day.

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Pitch Locations



Right Hand Hitter



Left Hand Hitter

Bullpen Workout

Wind up

2 fastballs – away (3 spot)

2 fastballs – in the box (4 spot)

2 fastballs – inside (2 spot)

2 fastballs – inside (1 spot)

2 fastballs – away (3 spot)

3 change ups – away (3 spot)

3 sets – fastball, change up – alternate between 2 and 3 spot

2 sets – fastball, change up – fastball 5 spot, alternate change up between 2 and 3 spot

24 pitches

Stretch

1 fastball – away (3 spot)

2 fastballs – in the box (4 spot)

1 fastball – inside (2 spot)

1 fastball – inside (1 spot)

1 fastball – away (3 spot)

5 sets – fastball, change up – alternate between 2 and 3 spot, 1 fastball to 1 spot

2 sets – fastball, change up – fastball 5 spot, alternate change up between 2 and 3 spot

2 pitchouts, one to each side

22 pitches

46 total pitches

Bullpen Pregame

Wind up

2 fastballs – away (3 spot)

2 fastballs – in the box (4 spot)

2 fastballs – inside (2 spot)

2 fastballs – inside (1 spot)

2 change ups – away (3 spot)

3 sets – fastball, change up – alternate between 2 and 3 spot

2 sets – fastball, change up – fastball 5 spot, alternate change up between 2 and 3 spot

20 pitches

Stretch

1 fastball – away (3 spot)

1 fastball – in the box (4 spot)

1 fastball – inside (2 spot)

1 fastball – inside (1 spot)

2 sets – fastball, change up – fastball 5 spot, alternate change up between 2 and 3 spot

2 pitchouts, one to each side

3 sets – fastball, change up – alternate between 2 and 3 spot, 1 fastball to 1 spot

16 pitches

36 total pitches