



Fast-Pitch Pitching

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Keys:

1. **Desire** – it takes lots of work! The athlete has to be self-driven want this for themselves.
2. Practice
 - ◆ Quality vs. quantity, intense & focused, good form is goal not the strike zone in the beginning
 - ◆ 3-5 days a week year-round, drills concentrating on particular aspects of motion
 - ◆ Goal-oriented – accomplish one thing (improvement in one aspect of motion) each practice
3. Success – pitchers must see some improvement even if small.
4. Understanding – pitchers must know what went wrong (or right) with each pitch and make adjustments.
5. Patience yet determination – don't get frustrated by wild pitches, analyze & do something about them.
6. Master the basic fundamentals.
7. Relax but be aggressive!

Coaches:

1. This information is great, but do something with it: share it, perfect it, help a young pitcher improve.
2. Never tell a pitcher in training to “slow up and throw strikes”! She's learned a rhythm you'll destroy.
3. Be a student of the game and of the skill of pitching, try to do it yourself to appreciate how hard it is.
4. Hold separate, supervised practices for your pitchers. Get involved with young pitchers that will feed into your program in the future.
5. **Be positive** when possible, yet firm when a pitcher is sloppy.
6. Emphasize form, not strikes; encourage speed with good mechanics, strikes will result.
7. How often should a pitcher practice? How good does the **pitcher** (not Dad or Mom) want to be?
8. Do drills at a closer distance for better mechanics. Air through the motion and pitch into a net until perfect.
9. Keep it simple by focusing on one point at a time & stay with it until correct. Video to better visualize mistakes.

ABSOLUTE NO-NO'S - do not allow a pitcher to do these!!!!

- ◆ Leaning – head & shoulders are ahead of hips (balance problems cause control problems)
- ◆ Pushing – there's no wrist snap, no speed, no control (except for luck)

GAME SITUATIONS:

1. Always get ahead in the count. **First pitch strikes.**
2. Don't run the count on weak hitters.
3. Concentrate on getting first out of the inning.
4. No walks because walks score. We have no defense against a walk!!!
5. Know where to throw strikes and balls to each hitter. Exploit weaknesses and avoid strengths.
6. Know what each batter did last time.

7. Beat a team not only with your best pitch, but with your **best pitch sequences**. Set them up and sit them down.
8. Throw low pitches for grounders, high for fly balls. Throw inside for balls to left side of field, outside for right.
9. Ball movement (determined by direction of spin & speed of spin) is more important than speed.
10. Disturb batter's timing & rhythm by varying your pitch speeds, wind up and arm speed. Be unpredictable!
11. Be careful throwing change-ups with runners on base (they may steal).
12. Don't let batter have both sides of the plate: brush off if crowding or throw to weakness.
13. When in doubt, throw to sides/corners of plate.
14. Get help from catcher on calling pitches.
15. Don't be afraid to throw higher than high or tighter than tight; ump & batter have different perspective.
16. Normally throw high/inside to a bunter; contrast low & away; may try low to ensure an out from the bunt.
17. Practice pitch-outs and intentional walks so they are easy in a game.
18. 90% of pitching is down time so always be thinking positive affirmations and confidence.
19. If cold, wear jacket, run between innings or even throw. Use a bat to do long, extended arm circles.
20. Don't waste warm-up time on a pitch that isn't working; use it as a waste pitch early in game until working.
21. Pitcher becomes the closest infielder upon releasing the pitch; pitcher should be part of the "go around" after an out so she gets an overhand throw in before each inning.

ISN'T IT INTERESTING...

- ◆ Batters have a .324 average on 3-1 counts yet only a .191 average on 0-2 counts. Get ahead!!!!
- ◆ 80% of all walks occur when the first pitch is a ball.

A walk with no outs turns into a run 76% of the time. ☹ Yikes!!!!