Paint the Colors

Location, location, location….we must be able to precisely control our pitches!!!!! Using the Schutt Extended Home Plate, do the stationary drill from 30 feet to the inside corner. Count how many pitches it takes you to hit the inside yellow stripe & record that number next to the Y. Continue with G-green, Bl-black and Br-brown. Add the 4 numbers together for your total. I want you to be able to do this in 6 or fewer pitches! Now do the same for the outside corner. Whichever corner is the worst number, do it again as we must work on our weaknesses. Repeat the corners from the mound with your full motion. After you've gotten your fastball in 6 pitches, continue to challenge yourself with each pitch: change up, drop, drop curve, screw and rise! Bring this chart to me once it's full!

Date	Pitch	# of Pitches – Stationary		# Pitches - Full	
		Inside	Outside	Inside	Outside
8/8/08	Fastball	Y-3 G-5 Bl-2 Br-1 = 11	Y G Bl Br =	Y G Bl Br =	Y G Bl Br =