

Pitching Talk

- Be on time during delivery with a good glove side
- Stay grounded as long as possible
- Everything needs to go in the same direction towards the plate
- Temp...13 seconds MAX between pitches
- Eyes on the plate before 1st movement forwardespecially with runners on base. The guy with the bat is the most important person you need to beat
- Pitch to a weak contact mentality....no nibbling....attack the strike zone, own the plate
- Be 100% committed to EVERY pitch before it leaves your hand
- Don't be a "Flip a Coin" or a "Hope and Wish" kind of pitcher
- A B C D of pitching mechanics....stay in control of your body and finish strong on your front leg



A

- Balance Point



B

- Foot strike / on time
- Arm up in safe spot



C

- External rotation
 - Chest up



D

- Be strong on the front knee
 - Finish





A.

B.

C.

D.

