

Pitchers

Pitchers must get work at each practice. Bottom line is as a coach, you cannot put a kid on the mound when he has had no pitching experience, when you have not put him in a position to succeed in practice, or when his practice reps indicate that he is not prepared to succeed.

Pitch counts

***Must monitor volume of throws early in season. Ex., We do not do long toss until at least the second week and maybe longer.**

*LL dictates pitch count limits in games

Flat Grounds (once to twice a week depending on need)

Pitcher to pitcher at 40 feet (catcher throws hat down as plate)

75-80% effort

Do not do this on a parking lot or hard surface as a kid may take a ball off the pavement

12-15 pitches total (2 fb's middle... 2 o/s middle down... 2 fb's middle)

3 sets of four pitches or five sets of three pitches, then switch

**This is where you do the bulk of your evaluation and coaching. You do not coach a kid on every pitch while he is in the bullpen or on the mound during a game.

In the flat ground, you are looking for balance, rhythm, and release out front.

**Rhythm in delivery and straight line direction to catcher are crucial to throwing strikes.

With full windup, we are trying to minimize movement with the hands and keep eyes on target throughout the delivery

Bullpen (never on the day before pitching... ideally once a week)

Pitcher to catcher

12-20 pitches total (half from stretch and half from full windup... all fastball location, down in the zone.) As pitchers learn to locate, you can mix in three or four pitch sequences. i.e., in, in, out, up vs RHH

Bulk of pitches in bullpens and on game day should be middle down in the zone.

Game day

Pump them up and do not overcoach

Know situations where you need to slow them down mentally

Monitor pitch volume and take care of arms

Do not pull a guy who is rolling unless pitch count dictates otherwise

Give new arms a clean inning when possible to ensure proper warm up

Post game

Recovery run or fitness

Arm care

Brief break down of what went well and what didn't (i.e., need to attack zone early in counts, need to vary hold times with runners on base, etc. etc.)

Encourage pitchers to work on delivery on their own. They may go through stretch delivery and full delivery with ball in hand and no release.

Drills to execute in regular throwing progression...

Ten toes

Power position to target

Jump backs (jump back on back foot, gather and go to target)

Once a week on PFP's and Picks

PFP's (Pitchers fielding position)

- Come backers nobody on
- Come backers runner on 1st
- Bunt 1b side
- Bunt 3b side
- 3-1 (cover 1st base)
- 3-6-1 (cover 1st base)

Picks

- Long hold picks at 1st (come set and count to two then pick)
- Quick pick (once hands come set... pick immediately)
- Inside move at 2b