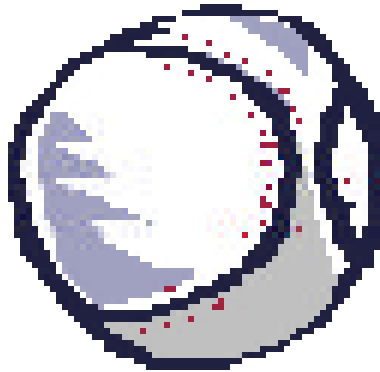


# West Linn Lion Baseball

## Pitching Philosophy

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## General Philosophy

1. Have command of the strike zone with each pitch.
  - A. You do not have a pitch unless you can throw that pitch for a strike 80% of the time.
  - B. You must be able to throw a specific pitch in a specific location.
  - C. In the following counts, you must throw a strike 70% of the time.  
0-0 counts    1-Ball counts    2-Ball counts
  
2. Change speeds and locations.
  - A. You must have at least 2 pitches, preferable 3 in which you can throw for strikes 80% of the time.
  - B. Everybody will learn and throw a change-up. (Circle)
  - C. Priorities:
    1. Strikes
    2. Change Speeds
    3. Movement
    4. Velocity
  
3. Work Fast (12 – 15 seconds between pitches)
  
4. Hold Runners Effectively
  - A. 1.3 or faster to the plate.
  - B. Vary looks and release patterns.
  
5. Be aggressive and maximize pitches.
  - A. Out or on in 4 pitches.
  - B. Strike outs are only important with a runner on 3<sup>rd</sup> with less than 2 outs.
  - C. 100 pitches or less in 7 innings.
  
6. Commit to each pitch.
  
7. Field your position.

## Mechanics

Use only these buzz words.

### **1. Rock**

- Stay balanced
- Glove and throwing hand should stay at chest level
- Eyes to plate

### **2. Pivot**

- Glove and throwing hand should stay at chest level
- Keep eyes to the plate

### **3. Balance**

- Knee up to parallel position
- Toe pointed down
- Hands at chest level
- Upright body position
- Eyes to plate

### **4. Stride**

- Stride to big toe
- Don't close off front side (Stay on-line to target)
- Stride to big front toe (Closed front toe)
- Eyes to plate
- Elbows at 9 to 3 o'clock position/ Ball to the wall with throwing elbow up
- Elbow, shoulder, shoulder, elbow
- Glove elbow to the plate
- Hands separate from mid-line

### **5. Fire**

- Throw over front side (Chest over knee)
- Eyes to plate
- Elbow up
- Upright body/Chest to plate
- Throw downhill in front of your nose

### **6. Finish**

- Back leg up and over on finish
- Finish straight to the plate/Do not fall off to one side
- Finish in fielding position
- Chest to knee

## Pitches/Sequence/Drills/Charting

### Pitches

1. Fastball
  - 2 and 4 seem fastball (3 ball counts = 4 seem)
  - BP fastball
2. Curve Ball
  - Think FB until last second
  - Stay on top of the ball
  - “Pull the window shade down”
  - In front of your nose
3. Change-Up
  - Circle change only unless Lord approves something else

### Sequence

1. Same pitch back to back is not always bad
2. I do not like to “waste” pitches, “chase” pitches instead
3. I do not like to throw breaking balls behind in the count
4. BP fastball in fastball counts

### Drills

1. Flat ground mechanics
2. Towel Drill (Follow through)
3. Pop can drill (Curve ball)
4. Tape Ball (Curve Ball)
5. 45 foot work (Spot throwing)
6. Bull Pens

### Charting

We will use two charts in the dugout during each game.

1. Scouting Chart – Chart each pitch, circle first pitch and last pitch.
2. Percentage Chart – This sheet will chart the following:  
First Pitch Strike % and 1, 2-Ball Count Strike %

## Pre-Game Routine

### **West Linn Baseball: Pre-Game Pitching Routine**

#### **Begin 25-30 Min. Before Game Time**

1. 1-2 Poles to loosen legs
2. Shoulder/rotator cuff warm ups
3. Mechanic Work from mound (begin at 45 feet and work the catcher back to 60)
4. Lengthen out (flat ground, up to 120 feet, throw downhill & finish)
5. Work from mound until game ready (all pitches, w/ & w/out batter)