

- PITCHER'S "CHEAT" SHEET -

The pitcher has more influence on winning or losing than any other player. Good pitchers keep their cool and don't stop competing when things go wrong! Listed below are some of the things the Pitcher needs to know and do to be successful...

1. MECHANICS (All Levels):

❑ **TERMINOLOGY:**

1. **POWER LEG:** This is the leg that rests against the rubber (also, heel, not toe, is on rubber)
2. **STRIDE/BALANCE LEG:** This is the front leg that strides toward the plate
3. **THROWING ARM/HAND:** This is the hand that holds the ball
4. **GLOVE HAND/ARM/ELBOW:** This is the arm that points at the batter after the hand break.
5. **HAND BREAK:** This is the point at which the two hands separate.
6. **SHOULDER TURN:** The action by shoulder of throwing arm when delivering the pitch

❑ **GRIP:**

1. "Hold the ball lightly, don't **SQUEEZE** the ball tightly"
2. Thumb **UNDER** the ball (not on the side) for all pitches
3. For different pitches (change-up, drop) only your **GRIP** location with regard to the seams, and ball depth, will change

❑ **SET-UP:**

- **BALANCE** throughout delivery is the key to consistency and velocity
- Your **DELIVERY** should be the **SAME** for every pitch
- Keep your **EYES** on the target (remember, **LOCATION** is the key)!!!

❑ **DELIVERY:**

1. **SET** - both feet on mound, knees bent, shoulders square, hands chest high
2. **ROCK** - rock back slightly on **STRIDE LEG** (left foot for righties)
3. **PIVOT** - pivot on your **POWER LEG**, bring **BALANCE LEG UP** (stay balanced, knee belt high)
4. **DROP** - bend **POWER LEG** slightly and begin to drive toward the batter
5. **BREAK HANDS** : **GLOVE ARM/ELBOW** at target and **THROWING HAND** toward second base...**BEGIN SHOULDER TURN** and delivery of pitch
6. **DRIVE** - drive toward batter with **POWER LEG**, plant **STRIDE LEG** and **ROTATE SHOULDER** so belly button is facing the batter as you release the pitch.

If you are properly balanced, you should be able to **STOP** your delivery any time during the first 4 steps! Also, trust your mechanics, never "aim" the ball!

2. MENTAL APPROACH (AAA and MAJORS):

- ❑ Successful pitching is **ALL ABOUT LOCATION**, occasionally change of speed
- ❑ Your **OBJECTIVE** is to make the hitter **SWING AT YOUR PITCH**
- ❑ The **HITTER'S OBJECTIVE** is get you to **THROW HIS PITCH**
- ❑ **HIS PITCH** is a **DOWN THE MIDDLE; THIGH-HIGH** fastball...**YOUR PITCH** is everything else!!!
- ❑ So pitch **AHEAD, NOT BEHIND** (e.g. throw strikes early in the count)
- ❑ **PITCHER'S COUNTS** are 0-1, 0-2, 1-1, 1-2, even 2-2
- ❑ **HITTER'S COUNTS** are 1-0, 2-0, 2-1, 3-0, 3-1
- ❑ Don't be afraid to pitch out of the strike zone on a **PITCHER'S COUNT**
- ❑ Avoid getting to a **HITTER'S COUNT**, but if you do, throw strikes and trust your fielders to do their jobs, instead of walking batters!

MOST IMPORTANTLY, have a **SHORT MEMORY!** Forget errors, walks, hits, bad calls, etc., because you can't change 'em. What you **CAN DO** is get the next batter out, make a great play, or get a hit your next at bat!!!!

3. OTHER TIPS

- ❑ **FIELDING** - always be ready to field a hit ball or bunt
- ❑ **BACKUP** or **CUT-OFF** - know your role based on the situation