

Pitching Strategies

1. Working Fast (not rushing)

- 1.1. Hitters tend to get upset and often are not ready to hit when the pitch is delivered
- 1.2. Pitchers who work fast have better defense – fielders are alert and on their toes!
- 1.3. Umpires like to call strikes when a fast working pitcher is throwing
- 1.4. The faster a pitcher can get his team off the field, the sooner they can start scoring runs
- 1.5. Games go faster

Don't confuse working fast with rushing. Working fast doesn't have anything to do with changing the speed of the windup. Working fast simply means pitch the ball, receive the ball, get the sign, and repeat... NO LAG TIME.

2. Getting Ahead of the Hitter

- 2.1. See chart
- 2.2. Pitcher should not become predictable of always throwing first pitch fastball (*mix it up with a deuce – NOT A CHANGE!*)
 - 2.2.1. Good hitters take a first pitch curveball waiting for that heater
- 2.3. Hit locations (see chart)

3. Pitching to Win (Location)

- 3.1. "Pitch in to win"
 - 3.1.1. Pitching inside adds a few mph (*shorter distance – trust me, its trig!*)
 - 3.1.2. Most hitters will either foul it off or hit a weak ground ball
 - 3.1.3. Shows confidence to the batter (*its YOUR plate*)
- 3.2. When to use a Change-Up
 - 3.2.1. When the hitter takes big strides
 - 3.2.2. When the batter is considered a pull hitter
 - 3.2.3. When the hitter's front foot pulls out
 - 3.2.4. When the hitters pulled a fast ball foul
 - 3.2.5. As a first when the batter is a first pitch fastball hitter
 - 3.2.6. Any time the hitter is sitting on a fastball count (2-0, 2-1, 3-1, 1-0)
 - 3.2.7. When there are no outs with a man on second and a right handed hitter up
- 3.3. When to use a Breaking Ball
 - 3.3.1. When the hitter pulls his head away from the ball
 - 3.3.2. Any time the hitter is looking for a fastball (2-0, 2-1, 1-0)
 - 3.3.3. When a left-handed hitter who hits the ball to the opposite field is up to bat, because breaking balls will make him pull the ball (ground outs!!!)
 - 3.3.4. Right after a previous breaking ball, because many hitter guess fastball after a breaking ball, making three or four breaking balls in a row effective sometimes.