

# Providence Baseball

## Pitcher and Catcher Manual

# PC



# PROVIDENCE CATHOLIC BASEBALL

## Fundamental Checklist For Pitching

### A. **Starting Position**

- Stance- Standing upright
- Relaxed
- Throwing from proper side of rubber
- 6" Radius Step
- Balance Maintained
- Concentrated effort toward home plate

### B. **Power Position**

- Foot becomes parallel with rubber
- Hips coiled online to target
- Shoulders online to target
- Upper half of striding leg parallel to ground
- Striding leg knee not to go behind rubber
- Pivot leg bent slightly for push off
- Shoulders level or slightly down
- Is good balance achieved?
- DO NOT RUSH

### C. **The Delivery**

- Good arm extension – reach back
- Arm action like a whip
- Consistent release point
- Exploding of hips – Do not Rush
- Maximum leg drive off rubber
- Striding foot lands on ball of foot or flat
- Do Not land on heel of striding foot
- Front side stay online during delivery
- When striding foot lands – arm has elbow forward and hand near back of head or ear
- Striding foot lands on open side of line between rubber and home plate
- Head still with eyes on target
- Nice fluid motion

### D. **Follow Through**

- Arm action like a whip, fingers on top of ball
- Bury the shoulder
- Palm up after delivery
- Dependent upon release point
- Maintain good balance
- Good fielding position – rear end down, feet apart

### **E. Grips**

- Have loose grip – Do Not choke the ball (fastball)
- Have 1<sup>st</sup> and 2<sup>nd</sup> fingers close together
- Two seam fastball
- Four seam fastball
- Experiment with different finger pressure

## **Pitching: Importance of Throwing Strikes**

A look at the batting averages on the following pitching counts will clearly demonstrate why a pitcher must have control. These figures are for one major league team for two years and a college team for five years.

<b>Count</b>	<b>Pros (2 yrs.)</b>	<b>College (5 yrs.)</b>
0-0 (even)	.313	.332
1-0 (even)	.340	.348
1-1 (even)	.286	.279
2-1 (even)	.297	.307
3-2 (even)	.250	.196
2-0 (behind)	.388	.390
3-1 (behind)	.355	.330
3-0 (behind)	.160	.250 (3-12)
0-1 (ahead)	.248	.298
0-2 (ahead)	.206	.138
1-2 (ahead)	.185	.174
2-2 (ahead)	.180	.163

**CONTROL WINS GAMES**

**GET AHEAD AND WIN!**

## **General Rules of How to Pitch to Certain Hitters**

1. Pitch **INSIDE** to a batter who:
  - Has a slow bat
  - Crowds the plate
  - Steps in toward the plate
  - Is a sweeper or stiff-arm swinger
  - Holds the bat at the end
  - Has an unusual batting stance
2. Pitch **OUTSIDE** to a batter who:
  - Stands away from the plate
  - Pulls the ball
  - Steps in the bucket
  - Pulls his head out
  - Hits naturally to pull field
3. **CHANGE-UP** on a batter who:
  - Is a heavy hitter
  - Is a good fastball hitter
  - Is overanxious
  - Takes a big stride
  - Hits off his front foot
4. Pitch **CURVES** to a batter who:
  - Is strictly a fastball hitter
  - Swings hard
  - Is a good man to hit double play
5. Pitch **FASTBALLS** to a batter who:
  - Has a slow bat
  - Is a weak hitter (strength)
  - Acts nervous
6. Pitch **HIGH** to a batter who:
  - Swings up at the ball
  - Intends to bunt
  - Drops the end of his bat
  - Takes an extra-long stride
  - Is small in stature
7. Pitch **LOW** to a batter who:
  - Swings high
  - Is tall in stature
  - Puzzles the pitcher

## **Aids for Effective Pitching**

1. Since pitching is considered about 75% - 85% of the game, take PRIDE in being the key man on your team
2. Be relaxed at all times, both mentally and physically. Remember that desired game attitudes are developed in practice.
3. Go to the mound determined to pitch a shutout.
4. Maintain an attitude and appearance of inter-conceit and high self-esteem.
5. Control is your most important weapon, and remember that your LEGS are the stamina that has a lot to do with your control.
6. Even temperament – don't let a lucky hit, error or bad call discourage you or upset you. Each game, each day, each inning, each batter and pitcher is new. Must expect some base hits, some errors, some runs, some bad calls—don't blow a fuse.
7. Don't let down mentally or get careless with a supposedly weak hitter.
8. Many good pitchers have less stuff—realize it—and get smart.
9. Control – challenge the hitters in the strike zone—you can't beat the hitter throwing balls. Get ahead of the hitter and stay ahead. When you are, then you can throw to spots.
10. Must measure up to class you are playing in – mentally, emotionally, physically—must convince yourself. Preparation is a tremendous convincer.
11. Yesterday's win or loss has nothing to do with today.
12. Must have courage to throw tough pitch in the clutch.
13. Must set up hitter – your advantage – you know what you are going to throw.
14. Most luck is the result of gray matter work.
15. Must think to learn – then it becomes automatic.
16. Know your balk rules.

17. Pitch outs=Throw the pitch out away so the hitter can't get it, but close enough so catcher can handle it in balance – chest high.
18. PRACTICING hard and long is the only way to develop CONTROL.
19. Always throw at a target. This requires *intense concentrated effort*.
20. Use the plate in practice, throwing at the corners.
21. Hide the ball and your wrist with your glove.
22. The secret of hitting is timing; your main task is to upset the hitter's timing.
23. Must change speeds to keep the hitter off balance.
24. Pick up your target before delivering, not as your body and legs start coming forward.
25. Learn to throw at the catcher's mitt, then his shoulders, knees, and finally the lettering on his uniform. This requires intense concentrated effort. In bullpen, hit certain location 5 times consecutively.
26. Work with one pitch at a time (first the fast ball, then the curve, etc.) until you can place it anywhere in the strike zone.
27. Keep your head up and still.
28. Cock your wrist when the arm starts to come forward – wrist action is responsible for live balls.
29. Throw the ball hard; don't aim it.
30. The index finger is the fastball finger; the second finger is the curve ball finger.
31. Don't be "cute" or try to pitch in and out until you are ahead of the batter. Put something on the ball, get it over and keep it low.
32. Follow through with each pitch so that the shoulder of the throwing arm is pointed toward the plate. Your back leg (pivot foot) should come up parallel with your lead foot in order to be in good defensive balance.
33. A small sharp breaking curve that goes out and down is much better than a sweeping curve that stays in the same plane or hangs.

34. An exceptionally slow change-up is usually worthless.
35. Conserve your energy – you throw about 220 balls per game including all warm ups.
36. Don't throw with your jacket on. It is to keep you warm after you throw.
37. Never work after arm becomes tired or never work when your arm is sore.
38. Concentrate on your stance, motion, eyes, delivery and follow-through.
39. Try to forcibly relax when in a tight spot.
40. When warming up, always motion to the catcher when you are going to change the type of pitch.
41. Don't pitch for highest efficiency at every practice.
42. Remember you have **EIGHT** men behind you.
43. Remember your baserunner; give them a number of checks.
44. You usually don't have to worry about the "jumping jacks" baserunner. Be careful when they are very still and concentrating.
45. Never listen to opponents or crowds, and don't get in conversations with them.
46. Field slow hit balls to first base and be ready to make the putout yourself.
47. With a runner on third only- less than two outs-throw a low curve. This is a hard ball to hit up in the air for a sacrifice fly.
48. Check wind conditions as soon as you arrive at the park. Wind at your back helps your fastball. Wind directly in your face helps your curve.
49. Run, run, and run some more. Lack of CONTROL late in the game is usually due to poor physical condition. A pitcher's legs usually go before his arm.
50. Wear three – quarter or long – sleeved sweatshirt or a cotton liner when you pitch.

51. Loosen up and stretch before warming up to pitch.
52. Make sure there is a home plate or a simulated white plate when you warm up with a catcher.
53. Do some throwing from the stretch position every time you warm up. Over fifty percent of pitches are made from the stretch.
54. While warming up, throw in the same direction, as you will be pitching in the game.
55. Remember you are the boss out on the mound; don't pitch until you are ready.
56. NEVER LOSE YOUR POISE: KEEP AN IRON GRIP ON YOUR EMOTIONS. Fits of temper will cause you to lose your concentration and your effectiveness.
57. AVOID SHOWING DISPLEASURE ON ERRORS. Shrug them off and get back to work.
58. The ability to concentrate is developed in practice, not in games.

## **BASIC POINTS OF STRATEGY FOR PITCHER**

1. Try to split the heart of the plate with a low first pitch. If you have good stuff, the ball should take off and catch one of the corners.
2. Have a purpose for every pitch. Know where every pitch is going and why it is going there.
3. Discipline yourself on the mound. Anger destroys your concentration.
4. Get ahead of the batter to cut down on your number of pitches.
5. Generally, go for the low and outside corner against a batter if you are not sure how to pitch him.
6. Pitch high and hard to batter who drops his rear shoulder.
7. Pitch tight and hard to a batter who strides toward the plate.
8. With men on base, keep your pitches low.
9. Don't change up on a weak hitter, a late swinger, or a non-strider.
10. Don't fool around with a weak hitter; make him hit strikes.
11. In a tight spot, come in with your best pitch.
12. When you need a strike out and can afford to waste a pitch, throw a 90% fastball for a ball. Then come back with your best fastball.
13. If one pitch is working and another is not, nearly show the hitter the one that is not working and concentrate on the other.
14. With a runner on base, mix up your looks at him to prevent him from reading your intentions and timing your delivery.
15. If a squeeze is a possibility with a man on third, pitch from the stretch.
16. If you suspect a hit and run, steal or sacrifice, throw over to first. If you suspect a bunt, get to your stretch and wait(wait)(wait) then step off the rubber or throw to first. This often will sucker the batter into giving his intentions away.
17. Keep your change up low!
18. Pitch fastballs outside and breaking pitches to foot-in-the-bucket hitters.
19. Pitch fastballs high and inside to a batter who stands ahead of the plate.
20. Throw slow, breaking pitches to long striders and lungers.
21. It is usually best to follow a change-of-pace pitch with a fastball.
22. With runners on base throw more breaking pitches except in stealing situations.
23. Batters seldom look for breaking pitches when they are ahead of the count.
24. After walking a batter on our fastballs, throw a curve to the next batter on the first pitch.
25. It is usually smart to throw a fastball to a hitter on a three and two count if the pitcher curved him on the three and one count, and vice versa.
26. With a 3-2 count on the batter, the pitcher should always shake off the first sign from the catcher even if he plans to throw that pitch.
27. When in doubt about what to throw, throw your best pitch
28. Visualize the anticipated path or groove of the pitch before delivering.
29. As a rule, when a batter fouls a fastball pitch behind him, it is safe to come back with the same pitch.
30. Throw high inside fastballs to batters who have a hitch or dip swing.
31. Crossfire pitchers are most effective on the outside half of the plate when they are ahead with two strikes on the batter.
32. If a pitcher is going to throw a crossfire fastball, he should also have a crossfire curve.

33. With first base open and runners in scoring position, pitch to the corners of the plate and throw more breaking pitches.
34. Select the pitch according to the batter's actions on the previous pitch.
35. Set the batter up for a strategic pitch whenever possible.
36. Look for the batters weakness by studying the grip on the batter, stance, and method of following the pitch, swing, and mental and emotional characteristics.
37. CONTROL-CONFIDENCE-CONCENTRATION

## **PITCHING STRATEGIES**

1. A RHP versus a RH batter should use high-inside fastballs, or low-away fastballs, or low-away curves.
2. A RHP versus a LH batter should use low-outside fastballs, low=inside curves, or fastballs high and outside.
3. A LHP versus a RH batter should use low-outside fastballs, low-inside curves or fastballs high and outside.
4. A LHP versus a LH batter should use curves low and away, fastballs up and in, or fastball slow and away.
5. Pitch a pull hitter low and outside with fastballs or curves.
6. Jam the opposite field hitter with fastballs high and inside
7. Change speeds and pitch away versus the straightaway hitter.
8. If the batter crouches, pitch him high and inside.
9. If the batter has a straight up stance, pitch him down.
10. If the batter steps in the bucket, pitch him low and outside.
11. If the batter lunges or over strides, throw off-speed pitches, or fastballs up and inside.
12. If the batter steps into the plate, pitch him fastballs up and inside.
13. If the batter displays nervousness or "white knuckles", make him wait then throw curves or change-ups.
14. If the batter has a flat (horizontal) swing, then pitch low.
15. If the batter has a perpendicular (vertical) swing, then pitch up.
16. If the batter holds his hands high, then pitch down.
17. If the batter holds his hands low, then pitch up.

## **GET AHEAD OF THE HITTER-LOW IN THE STRIKE ZONE**

1. Pitch to the (spots in the L)
2. Avoid the "NO" area (except 3-0)
3. Inside pitches > HARD
4. Breaking balls & Changeups LOW
5. Think strikeout only on 0-2 and 1-2
6. Counts 0-2 throw out of the strike zone
7. Counts 1-2> hit your borderline spots
8. Make 0-2 pitch opposite from preceding pitch
9. Use your best pitch on 2-2 and 3-2
10. Effective pitching requires changing speeds within the strike zone.  
My job is to throw the PITCH called for to the  
LOCATION called for to the best of my ability

## **Suggested Warm up Routines for a Starting Pitcher**

The first thing a pitcher should have in mind concerning his warm up is that when he pitches to the first hitter he is physically and mentally ready. When the game starts, he is ready to do his best. He cannot afford to use the first inning to get ready for the later innings. Knowing the starting time is paramount, he should not warm up too soon as that would cause him to cool out and/or stiffen up while waiting for the game to begin. Or throw too long, and thoroughly take away from his late inning stamina. He should not leave his game in the bullpen.

The time necessary for a pitcher to warm up varies individually. Therefore, it is extremely important for each pitcher to know how long it takes him to be ready. To gain this knowledge, he should practice his warm up routine during pre-season practices and not wait until the season starts to work it out. The pitcher must also keep in mind the temperature and realize that in colder weather it may take longer and he also can cool out (stiffen-up) sooner.

- A. Before touching a baseball and after knowing time that game will start.
  - 1. Run to get the body totally loosened and the cardiovascular system keyed for the job ahead.
  - 2. Go through a stretching routine to prepare the muscles for the job they must do.
  
- B. After general loosening up:
  - 1. From mound, start with fastballs, from windup—throwing EASY
  - 2. After pitcher feels loose, from windup, curve balls throwing EASY (As pitcher loosens up increase velocity.)
  - 3. Mix in change-ups. (Always signal catcher when pitcher throws something different.)

4. Now throw variety –fastballs; change; curve; mix pitches.
5. Now pitcher goes to set position and throws variety of his pitches. (60% of time in bullpen shall be spent throwing from the set position.)
6. Finish up with 5 or 6 good fastballs.
7. Allow 3 to 5 minutes to rest, towel off, etc... before taking the mound. (On cold days, pitcher may want to move right from the bullpen to the mound.)