



**Win Every Pitch**

**Win Every at Bat**

**Win Every Inning**

## Coaching Pitchers

### Pre-game

- Build Pitchers Confidence, starts at Pre-game Discussion/Goal Setting
- When was the last time they threw, and how much they threw in that outing?
- How many days between pitching appearance
- Be aggressive. First pitch strikes (this is a great stat to track)
- Change up. Must develop changeup. (set a goal for how many he will throw)
- Establish inside. Pitch to weak contact
- Improve number of walks from last outing
- Number of pitches per inning Goal
- How many runners do you want to pick off
- How many chances were missed on backing up throws? Goals for today
- How long does he take to warm?
- Remind of the pre-game warm up.
- Bullpen warm up Focus on 9 zones within strike zone. Live in 5 zones. MUST locate fastball, throw 30% changes ups
- Make sure they Hydrate, if cool out make sure he has a jacket

## **In Game Coaching**

We should have 1 coach speak with pitcher, not 3 different guys giving feedback every inning.

- Track pitch counts, keep in mind the goals
- Keep an eye on how catcher is receiving pitches
- If you are not calling pitches, make sure catcher and pitcher are communicating after innings on poor pitch selection/sequences
- Get to know your pitcher,
- Fatigue signs
- Front shoulder starts to drop
- Stride gets shorter
- Pitcher starts to wiggle their arm (fatigue or arm pain issue)
- Keep an eye on backfoot (flush against rubber)
- Front foot landing key to watch, when a pitcher is wild that normally is not, could be the hole on the mound is not working with his stride length
- Runners on, focus on pitchers falling into sequences, not changing the timing (more runs steal on this than any other reasons)
- Start thinking of what types of comments you can make, to help pitcher find the zone
- Ex. Just throw a strike, No easy bases,

## **Post-game**

- Recap the goal established for the day. (review opportunities first, finish with the Goals accomplished)
- What can we improve on, before next game?
- Make sure pitchers run, once they are done pitching for the weekend (if it's a league game, they should run right after game. Rule is 1 pole for every 10 pitches at 60% speed min. should be closer to 80%)
- Plan next practice around area of improvements?

**NOTE:** We must narrow down what our goals will be, we cannot have more than 3 focuses/goals per game, and in closing only have 3 goals for next practice/game