

PITCHING GUIDELINES

A first pitch strike is the most important pitch in baseball.

It dictates the at bat and immediately puts the hitter on the defensive. We need to go into the attack mode right from the beginning of the game and stay in attack mode the entire game. According to a 2001 study by a big-league club, first pitch strikes will enable you to be 130% more successful against a hitter than a 1-0 count. The same study states throwing strike one will reduce your walks up to 316%.

Get the leadoff hitter out every inning.

This makes our job much easier as a pitching staff. Other teams cannot bunt and are more apprehensive about stealing and using a hit and run. This sets the tone for the inning and takes momentum from the other team.

Be able to spot your fastball.

Successful pitchers know how to spot their fastball and realize how to use it to set-up other pitches.

Know your mechanics.

In order to throw strikes, you need to have solid consistent mechanics. You will be different than everyone else but you need to be able to repeat the same mechanics over and over to be successful. As much as the coaching staff can work with you isn't going to matter if you can't spot and comprehend what you are doing wrong when your mechanics are off. You need to recognize the difference between good mechanics and bad mechanics.

Get into a rhythm.

Get the ball, get back on the mound, and get yourself into a rhythm that intimidates the other team. Don't rush but work quickly. If we can work quick and throw first pitch strikes, we will dramatically reduce the errors. Remember, we are in control of the game, not the other way around.

Don't be afraid of contact.

We do not want our pitchers to ever hang our heads after a hard hit ball that ends up being an out. THESE ARE STILL OUTS. Challenge hitters and you will be successful.

No walks.

We cannot pitch scared and have success. This is not possible. Teams will make errors, but these errors will not hurt us. Walking someone will. Chances are in your favor of the hitter getting himself out if you let him put it in play.

Pitch with conviction.

A bad pitch thrown in conviction is better than a good pitch thrown in fear. Trust your stuff and believe in it day in and day out. Throw every single pitch with as much conviction as your first pitch of the game.

Hold yourself accountable.

Pitching decent and being average is not acceptable as a TIGER. We hold ourselves to high standards, as should you. We do not have enough coaches to have someone at your side all the time. Push yourself and your teammates to work hard and get as much as possible during all practices and games. Be willing to take responsibility for your actions. Do not choose to make excuses and find the easy way out. FIND A WAY TO WIN AND FIND A WAY TO HELP THIS TEAM, BOTTOM LINE.

Keep momentum on our side.

The inning after we put run(s) on the board, it is very important to go out and throw a scoreless inning right away. If you want your team to score you runs, go out and get them back in hitting as soon as possible. Keep the momentum going.

Be effective with your pitches.

Every pitch should be used to set up another pitch. Get the hitter out using as few pitches as possible. Our goal as a staff is to have the other team put the ball in play within the first 4 pitches of every at bat.

Work at your craft.

This is the common characteristic of all pitchers who move on to the next level of baseball. They were students of pitching and constantly asked their coaching staff and each other questions about setting up hitters and how they threw certain pitches. When you play catch, play catch with a purpose. Get something out of everything you do on the field and in conditioning. Do not accept throwing a bad pitch and do not be satisfied with hitting 8 out of 10 spots. Always work to improve and take your work between outings very seriously. Talk with your teammates about mechanics and what you see them doing, help each other. Watch the game and discuss how you would set up a certain hitter. This is how you become a better pitcher, this is how you help your staff and teammates, this is how you get our respect back and prove everyone wrong.

Holding Runners on at 1B and 2B.

Vary looks, step off, change timing to home plate, it is OK to fake picks to 2B.

Back up Bases

Do not be a spectator once the ball is hit.