



PR Baseball: Pitchers Handbook

Pitching is the Key to any team's success. Believe you are better and exude confidence!

The main goals in every game are to:

- Throw strikes
- Change speeds
- Work fast
- Pitch in the moment

Some helpful thoughts:

- The philosophy is to:
 - Get ahead of batters.
 - Control what you can control.
- *Breathe* and go through your *process* (routine) each time you pitch.
- As an athlete, you cannot look to the past or control what has already happened.
 - Your job is to live from pitch to pitch.
 - Be a 1 pitch warrior!
- You should know your “go to” pitch and your “out” pitch. Believe in them!
- Change speeds! Talk with your coach about what pitches you like most.

- Conditioning:
 - Be in your best physical shape.
 - Have a coachable attitude.
- Long toss whenever possible.
 - Warm-up first.
 - Arc the way out.
 - Line the way in.
- If possible, start practicing yoga! You will learn to control your breathing and focus in the moment. It will also help with your flexibility, agility, balance, and emotional control— all vital to being a successful pitcher and being successful in life.
- Be confident with the process; sometimes you can't control the result.
- Be a team player (physically, mentally, and verbally) to anyone you talk to!
- Always pick up your teammates and be the last one in the dugout.
- Mental preparation begins the moment you put on your uniform.
- Always have positive body language.
- Be a leader! Others will copy you whether it is good or bad.
- Every year is a blank canvas, so paint a new picture and have fun!

Things to remember:

Pitching is more mental than any part of the game. You cannot box yourself in and feel like you failed just because you gave up a hit or threw a first pitch ball. The following information leaves room for errors because we are not perfect, but this leaves many opportunities to succeed even when things don't go your way for every single pitch.

- Stick to your process.
- Keep your composure.
- Pitch in the moment.
- Visualize what you want.
- Control your breathing.
- Pitch to a stitch.
- “A3P”- Attack batters in 3 pitches.
 - Numbers are on the pitcher's side. Hitters will get themselves out even if they hit the ball. Pitchers should have the mindset that the less pitches they throw and the quicker they see a new batter, the less pitches they will throw and the outs will come.
- “L.I.F.E.”- Let It Fly Everyday.
 - Don't hold back no matter what the count is and no matter who the batter is. When you're executing a pitch, no matter what it is, “let it fly” and trust yourself.
- “N.F.O.C.”- No Fear of Contact.

- Attack the strike zone and don't fear any batter ball! The quicker you get them to hit the ball, the quicker they will get out and you will finish the inning.
- "S.T.R.1.K.E."-
 - Shutdown inning
 - Thirteen or less pitches
 - Retire first batter
 - 1,2,3 innings
 - Ks
 - End the inning
- Find your focus.
 - Trigger- tapping ball to glove, gripping ball, etc.
 - Verbal focus phrase- "Clear the mechanism," "Right here, right now," etc.
 - Focal point- pitchers rubber, foul pole, etc.
 - Breath- find it and control it.



Mechanics & Practice Activities

Glove, Chest, Chin:

- Keep the glove in front.
- Take your chest and chin to the glove.

Arm Action:

- Bring it down, take it back, show it to 2nd, then go!
- Rhythm and balance are key.
- The front hip leads delivery with the front hip tilt up (show the back pocket).
- When hips open, the glove arm and chest stay closed. See example picture below.
- Release the ball in front of the foot, then take your chest to the ground and your head to the glove.



Pitchers Fielding Practice:

- Things to do any day:
 - Pick-offs- 1st, 2nd (glove and inside)
 - 1st and 3rds (early stl)- righties, step-offs, look 3rd, turn toward short, throw 2b.
 - Bunt throw to 1st, 2nd, 3rd squeeze.
 - Bare hand throw to 1st, 2nd, 3rd, home.
 - Lay down with closed eyes. *Visualize* your throwing process 10 perfect times.
 - PFPs covering first all angle bunts.
 - Come backer double play turn to 2nd. Also, 1st on double play to 1st.
 - Work on flat ground LCR (mix in high and low), FB, CH, CB, SL. Work movements.



PR Pitcher's Winter Routine

Down and Back in a gym or hallway:

- Forward
- Backward
- Pitching slides
- Karaoke drill
- Lunges
- RDLs
- Army kicks

- Arm circles
- Elbow circles
- Chicken wings

Light bands:

- 10 flys, 10 reverse flys
- Pitch arm elbow bent: 10 internal, 10 external
- 10 throwing motion
- 10 reverse throws in slow motion
- 2 sprints: start throwing, show back pocket, follow through



Post Bullpen Hallway Workout

Routine:

- Drink water and think about what went well and what can be improved.
- 2 minute jog, 25 crunches, 25 supermans, plus more abs and back!
- Light band workout (see in previous section).
- Stretch while breathing:
 - Doorway– arms out above ear
 - Grab and sit-back to stretch your lats
 - Forearm stretch
 - Leg swingers for hips with palms on the wall
 - Hamstring and quad stretches
 - SLEEPER stretch
- Wash hands and drink more water.
- Eat protein rich and other healthy foods!



Non-pitching Day Workout

Routines to choose from:

- Sprints, slides, abs, back, full body exercises.



- Do Complete Pitcher Booklet 2 days/week.
- PFPs from previous sheet.
- Towel drill
- Abs and back with rotations starfish
- Crab walks
- Bear crawls
- Partner slide pickups will ball

Always remember to stretch after every workout!



Starting Pitcher Routine

***Please note that sprints consist of: forward, side slides, karaoke drill, backwards, lunges, and RDLs.*

Game Day:

- Pre-game:
 - Jog 2 poles: full body active warm-up; heart should be pumping!
 - Light band work: arm circles, arm/hand flappers, elbow circles.
 - Personal long toss: towel drill.
 - Water break & bullpen session.
 - Rest for a few minutes before the first pitch.
- Post Game:
 - Light posterior band work for your shoulder.
 - 5 minute light jog to stretch your full body.
 - Ice for 20 min (optional).

Starter Bullpen Routine:

- Windup:
 - 7-8 fastballs:
 - Mix locations and start with the opposite arm side.
 - 3-4 secondary pitches.
 - 3-4 third pitch.
- Stretch:
 - 4-5 fastballs.
 - 3-4 secondary pitches.
 - 3-4 third pitch.
- Finish out of the windup with batter.
 - Work 2 batter counts.

- Finish with the best pitch for a strike.

Rest Day 1:

- Active warm-up: 20 minute interval plyo sprints (jog/sprint).
- Light tossing: 10 minutes/ 60-80 feet max.
- “Complete Pitcher” workout.
- Shadow mechanics.
- Pitching fielding practice (footwork light tosses to bases)
- Sleeper stretch.
- Ice for 20 minutes (optional).

Rest Day 2:

- Active warm-up to sweating.
- Long toss with partner: easy out, low line drives on way in.
- Plyo sprints- 30, 40, 50, 60, 50, 40, 30 (14 total).
- Additional different plyos and sprints.
- Pick-offs to bases/ PFPs.
- Shadow mechanics/Towel drill.
- Sleeper stretch.

Rest Day 3:

- Active warm-up to sweating.
- Light long toss.
- 25-30 Pitch light bullpen.
 - Work on mechanics and/or specific pitches and locations.
- 10 pole sprints/jogs (½ sprint, ½ jog).
 - Mix in slides, karaoke drills, lunges, & RDLs.
- Tubing exercises.
- Pick-offs and PFPs.
- Abdominal and back work.
- Stretch full body.

Rest Day 4:

- Active warm-up to sweating.
- 10 minute jog.
- Tubing exercises/Towel drill.
- Light tossing: 10 minutes/ 90 feet max.
- PFPs and pick-offs (light throwing with footwork).
- 5-10 medium sprint poyos.
- Stretch full body.

Pitcher's Daily Throwing Routine:

- Bring it down, take it back, show it to 2nd, then go!
- Tossing: free toss, getting loose for 3 min/45 feet.
- Feet square to target, chest out, head on line, glove in front, upper body turn- 2 min/55 feet.
- Feet spread, closed to target, rock and fire. Work quick arm action: 3 min/65 feet.
- Feet spread, arms separated to landing point, back to balance, throw hips first- 2 min/75 feet.
- Throwing from stretch, sidestep, control head: 3 min/85 feet.
- Working back in, free catch, work in change ups: 2 min/90 feet.



PR- Relief Pitcher Routine

(To be done with other reliever.)

Game Day:

- Full body active warm-up; heart should be pumping!
- Regular to mild long toss.
- With a partner: 20 pitches of flat ground work on mechanics and all pitches.
- 6-40 yard sprints (forward, backward, slides, karaoke drills, lunges, RDLs).
- If you pitch in the game, afterward:
 - Band work.
 - Core work.
 - Stretch full body with sleeper stretch.
 - Ice for 20 minutes.

Reliever bullpen routine:

- When you are told to go warm up:
 - Sprints to loosen up.
 - Full, fast arm circles before you throw.
 - Complete the following from the stretch position:
 - 8-10 fastballs in velocity to get warm fast.
 - 3-4 secondary pitches.
 - 3-4 third pitch.

Next day after pitching:

- Active warm-up: 10 minute interval plyos (jog/run).
- Light tossing: 10 minutes / 60-80 feet max.
- Light "Complete Pitcher" workout with added sprints.
- Shadow mechanics/Towel drill.

- Pitching fielding practice (footwork & light tosses to bases).
- Pick-offs.
- Stretch full body with sleeper stretch.

Next day if you did not pitching:

- Repeat game day routine.



All Pitchers: Fielding Practice

Things to do on off days:

- Picks: 1st, 2nd (glove and inside)
- 1st and 3rds (early stl):
 - Righties
 - Step off
 - Look 3rd
 - Turn toward short
 - Throw 2b
- Bunt throws to 1st, 2nd, 3rd:
 - Squeeze
 - Bare hand to 1st, 2nd, 3rd, Home
- Lay down with your eyes closed and *visualize* your process 10 times.
- PFPs: covering first all angle bunts.
- Come backer double play, turn to 2nd.
 - Also you cover 1st on double play to 1st.
- Work on flat ground LCR mix in high and low: FB,CH,CB,SL.
- Work on FB cutter or try pressure to get movement.
- Tough 10 team exercise:
 - Throw a strike & all others must throw the same pitch for a strike.
 - Rules: If a ball, the next person can throw whatever pitch they want.
 - First to 10 strikes wins. Others must finish out round.
 - Goals:
 - Win.
 - Be around 65% strike.
 - Confidence in all of your pitches.



Pitcher Goals

Goals:

- 2-1 strikeouts to walks / 2-1 strikes to balls.
- Know your go to pitch and your out pitch.
- A WHIP of 1 or less.
- No big innings (more than 2 runs) in any single game.
- An average of less than 1 stolen base per game.
- No mental mistakes on situations in any game.
- We follow all innings that we score with scoreless innings.
- No 2 out walks in a game.
- 70% first pitch strikes.
- Pitch in the moment and have FUN!



Additional Advice for Pitchers

For all pitchers:

- Have fun and bring a good attitude.
- Focus on your process.
- Visualize being at your best. Motions, smells, tastes, sights, and the process you go through.
- Attitude, effort, and preparation are key!
- Be a good teammate to all your teammates.
- Composure, composure, composure.
- Focus on constant improvement. Be a team player!
- Let go of your fears and focus on being positive in the present.
- Your best is all that you can give.
- Be driven by love of the game, a great attitude, family, teammates, and an internal drive to succeed.
- Set Goals that will create opportunities.
- Take risks— failure isn't final. Have no fear of failure
- Come out of failure with courage and be committed to finding success.
- Learn from your failures because they will lead to success.
 - In baseball, someone fails every single play.
- Take what you do right and keep doing it better and better.

- See the good in your teammates and verbally tell them!



To Be Successful in Anything

You must:

- Build self-esteem.
- Set demanding goals.
- Always be positive.
- Establish good habits.
- Master the art of communication.
- Learn from role models.
- Thrive under pressure.
- Be ferociously persistent.
- Learn from adversity.
- Survive your own success.



Be in the moment. Control what you can control. Breathe.