

*If you can stop your opponent's running game, your odds of winning increase significantly. Sadly, very little information is available on what right-handed pitchers can do to pick off runners at first base. Here, we will elaborate on turning right-handed pitchers into weapons capable of keeping runners at first base and picking them off rather than being avenues for stolen bases.*

For a right-hander, the term "pickoff" can be confusing. This is because, most times, you will not be able to catch a runner. Still, you should not worry too much, as picking off a runner should not be your objective. Your objective should be to stop the runner. Prevent the runner from leaning or walking toward the lead bag. You must be fast to the plate so that if the runner advances, your catcher has a chance to throw him out.

You must get the ball to home plate in less than 1.3 seconds. While 1.3 seconds may be a short period, it is achievable. Therefore, you will need to practice this skill since it is assumed at the collegiate and professional levels that you can achieve this. Achieving this is simpler than you may believe. Set your body such that 60% of your weight is on the rear leg, with the rear leg slightly bent. This bend in your rear leg is crucial since it is the leg you will push and pivot off of while throwing to first base. In addition, you will "load up" on this leg when you pitch the ball to the batter. By getting set at 60/40, you have already adjusted your weight into position.

Although some baseball coaches teach right-handers to use pickoff moves of varying speeds to trick the runner, it is better to use your best move always and use it quickly through jump pivot. As you jump pivot, keep your feet tight. Imagine you are required to carry a 12-inch stick between your feet while. If you keep your feet wider than the imaginary 12-inch, you will experience a slower speed when you jump pivot.

Remember that you cannot fake a throw to first base without first stepping behind the rubber. But something that is just as effective as quickly throwing the baseball to first base is not throwing the ball at all. You may use this maneuver to determine if a runner is indicating he may steal on the following pitch. This is the point where varying holds come in. You may hold the ball for up to 5 seconds, step quickly off the mound, and glance over to determine the runner's leaning direction. Hold the ball for up to 5 seconds and take steps back hard. If you see the runner leaning towards the lead bag, throw over. Note that the aim is to halt the runner. You must force him to stop with both feet.

On throws to first base, aim for the first baseman's knee on the inside of the bag so the runner can make a quick tag. Do not throw high or wide, forcing your first baseman to lean in one way and then alter directions to make a tag. The more proficient you execute accurate, powerful throws to your first baseman's inside knee, the greater your chances of picking someone off.