

SEVEN OUT OF TEN

Seven out of ten times... the benchmark you want your pitchers to strive for. That's true pitch command, the ability to throw a strike seven out of ten times.

To take it a step further, true pitch command is the ability to hit the catcher's glove seven out of ten times.

You may want your catcher to set up a few inches off the plate to see if the batter will offer at a pitch. It is important that the pitcher be able to throw the pitch where he wants to. It would do no good for the catcher to set up off the plate and the pitcher deliver the pitch over the middle.

At youth levels we are speaking of fastball command. As baseball is a developmental game we want our pitchers to have command of their number one pitch.

Other pitches they can develop as they advance. This is another reason why we hate to see young pitchers throwing so many breaking pitches. They take away from fastball development.

Keep change ups and curve balls to a minimum. Work on command of the fastball.

A pitcher may develop command of other pitches but at a slower pace. Fastballs must come first.

We are eschewing results at the youth level so that we may slowly develop our kids. This is a difficult philosophy for some coaches to accept but it is the right way. Development Over Results.

Developing Command

How do we teach pitchers to gain command of their fastball?

- Mental toughness in games
- Bullpens
- Long toss
- Hit the glove
- Develop movement
- Throw in a straight line:
Have two plates, one at 60 and one at 70. Throw on the flat down a line so there are strikes across both plates. (tough to do)
- Release the ball out front
- Consistent Stride