

Coaches Clinic Pitching Document

- Topics we will cover
 - Appropriate progression timeline
 - Practice Suggestions
 - Arm Health
 - Pitching Buzzwords
 - Basics (Start Here)
 - Fastball Grip (4 Seam)
 - Foot on the Rubber
 - Come to set position
 - Balance point
 - Power Position
 - Follow Through

9-10	Learn basic delivery, pitch grips, teach them the game, emphasis on fastballs in zone,
11-12	Teach them a change up, manage running game, fastball gloveside, field your position
12-14	Teach them how to set up hitters (Pitch backwards?) fastball in/out game day routine, *Give the catchers power-let them learn in game.
HS	How does their stuff play best? Weekly routine, nutrition, weight room. Goal is for them to be ready for varsity baseball and beyond.

- PRACTICE SUGGESTIONS
 - Start catch play at 30 feet for 9-11 year olds, 45 feet for 12+ ages
 - Close throws encourage pushy arm actions...we want them to throw it not push it.
 - Before every throw made....YOU MUST HAVE
 - Intention – Understand what you are trying to accomplish. Take a breath; Get to your focal point.
 - Commitment – Effort and energy with direction.
 - Execution – Did you make the throw you intended to or not? ▪ If no: Evaluate why it did not. Analyze the information. Form a new plan. Start over with intention.
 - A good way to do this is play (10)
 - Two points for head, one point for body- make it competitive!
 - If you're going to pitch in a game, one bullpen a week at practice should be required.
 - Can't get mad at a kid for failing in situations that haven't been addressed at practice.

- Keep all players athletic-not mechanical.
 - “Mechanical” sounds robotic to me, robotic doesn’t sound natural, explosive, or fun to me.
- Some things to preach
 - I really like my pitchers to pitch out of the stretch only.
 - Most important pitches will be made here
 - Young ages... a lot of foot traffic...you don’t throw harder from windup
 - Win the first three pitches-a good percentage is over 62%
 - Do everything with a purpose-don't waste reps!
 - You do anything like you do everything.
 - We welcome contact! Please hit the ball.
- My goal physically as a pitching coach is to teach the athlete to learn to move as efficiently as possible first and then bring that/blend that to the mound.
 - Manny Machado would throw 97 mph if he got on the mound...is it because he has “good mechanics”? Or is it because he’s super athletic and the body has learned how to work in the most efficient way?
 - Athletic Throws (Throw on the run, Long toss, have pitchers run WR routes, take ground balls)
 - Try not to ‘specialize’ your pitchers
 - PFPs- Keep them up-tempo and short.
- Arm Health
 - Take at least 4 months off from competitive pitching every year, including at least 2 consecutive months from all mound throwing
 - It is equally important to properly build back up after shutting down.
 - As a general rule, for every day you do not throw/pitch, you should spend an equal amount of time building back up.
 - Most injury prone month is February-March
 - People aren't properly built up
 - If you do the math...10 weeks no throwing=10 weeks of proper build up...5 months. Plan accordingly to be ready for your season.
 - I think you should encourage your kids to be multi sport athletes
 - Benefits
 - Makes you a better competitor
 - Allows the arm to get needed rest
 - Teaches them to be a better teammate
 - Teaches them to handle pressure of different situations
 - Cognitive skills (thinking on their feet, anticipate plays)
 - Less burn out
 - Two way players should prioritize pitching first at practice....Then positional time.

- So many drills you can do to control the amount of throws.
 - Short hops, tracking fly balls, mass fungos, footwork drills, blocking, ect.
- PITCH COUNTS
 - TOTAL WORKLOAD MANAGEMENT - You have to be mindful of total throws-NOT JUST IN GAME PITCHES
 - Warm up throws
 - Positional throws
 - Never catch and pitch on the same day.
 - Outside of team stuff throws (Pitching lessons, catch with dad, school dodgeball, ect.)
 - No 11 & under trophy has ever got someone on a varsity roster, recruited to college, or drafted so why are we doing this to the kids? It's not for them..
 - Keep the kids safe, put them in positions to safely succeed especially at younger ages.
- Benefits of following these rules
 - Healthier players
 - Development can continue because they are healthy
 - More people learn to pitch-this will pay off as you get older. The teams with more pitching can go deeper into tournaments.
 - Kids learn to be efficient.
 - Encourages strike throwing>Defense stays more alert>defense makes less errors.
 - “If you want to pitch more, pitch less.” Dodgers Quote
- Pitching buzzwords
 - Weighted Balls
 - Long Toss
 - Pulldowns (Max Effort Throws)
 - Running Poles
 - Reps
 - Driveline
 - Rapsodo/Trackman
 - Arm Care
 - Mechanics
 - Towel Drills
 - Velocity Programs
 - Showcase

I am not here to tell you guys that any of these things are good or bad....I am telling you, as you get older and more competitive. You will hear all these. They all have a place in our game nowadays. And you have to educate yourself and ask questions to navigate how to use/implement these things. If you have any questions on these, I would be more than happy to explain these to you.

QUESTIONS:

AGE APPROPRIATE PITCHING CHARTS

Age	Daily MAX	0 Days Rest	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest
9-10	65	0-20	21-35	36-45	46-60	60+

Age	Daily MAX	0 Days Rest	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest
11-12	75	0-20	21-35	36-45	46-65	65+

Age	Daily MAX	0 Days Rest	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest
13-14	85	0-20	21-35	36-50	51-65	75+

SAMPLE EXECUTION BULLPEN PLAN (30 Pitches)

7 Glove Side Fastballs	/7
5 Changeup	/5
3 Fastballs	/5
5 Breaking Balls (2 0-0, 2 0-2)	/5
2 Fastballs	/2
Right Handed Hitter	/
Left Handed Hitter	/
TOTAL	/