



A Fundamental Checklist for Pitchers

1. The following is the six step sequence in the pitcher's windup (see list for description)
 - A. Drop Step
 - B. Pivot Turn
 - C. Balance Point/Stork Position
 - D. Arm Separation
 - E. Throw
 - F. Follow Through.
2. The following is the list of our throwing drills (see list for drill descriptions)
 - A. Elbow in the Glove
 - B. Wind-up Warm-up
 - C. On a Knee set, break, throw
 - D. On a knee set, throw
 - E. Standing set, break, throw
 - F. Standing set, throw
 - G. 1,2,3 hop and throw
 - H. 1,2,3 hop, hop, and throw
 - I. Long toss
 - J. 60'6" target practice.
3. Never show negative emotion to the umpires or your players on the mound.
4. The best pitch in baseball is a strike- then a strike with location and movement.
5. Keep moving the ball around the strike zone—in, out, up, and down. Do not keep pitching in one area.
6. The name of the game is pitching. Good pitching beats good hitting. Great pitchers either are fastball pitchers that throw the ball by hitters or they are finesse pitchers that upset the hitters timing. Keep the hitters off-balance by changing speeds and locating.
7. Location, location, location, it's as important in pitching, as in real estate.
8. Only throw middle-of-the-plate strikes only when behind in the count. And don't be afraid to walk a great hitter when behind in the count and runners on base.
9. Don't throw many change ups against a weak hitter, go right at him.
10. If right-handed, pitch off the right side of the rubber. If left-handed, pitch off the left side. This will give you better plate coverage
11. Being unpredictable on the mound helps prevent the runner on first from getting a big jump toward second base. Good pitchers have a time of 1.3 seconds or under from their first movement to the time the ball hits the catcher's glove, while in the stretch position.
12. Use your defense. Throw strikes and let your defense field the ball for outs.
13. With first base open, don't be afraid to pitch around a hitter who can hurt you.
14. Always believe you're in control on the mound.
15. Pitch off one spot on the rubber. Moving around the rubber may affect your control.
16. If you are throwing the ball consistently high you are probably rushing your pitches.

17. Finish your delivery with your feet, chest, and head facing the plate. This puts you in a ready position to field the baseball.
18. A good follow-through doesn't necessarily enhance your speed and control, but it will help you defend your position.
19. Be smart by pitching within your strengths. Don't try to be a power pitcher if you don't throw hard.
20. Walk is a four-letter word that you should not use too often. Lead off base on balls will score over 50% of the time.
21. Your grip and release are the keys to a good change-up. Have a loose grip and release the ball as same as your fastball for the best deception.
22. Except in emergencies, let your infielders handle all infield fly balls. With two outs and both the first and third baseman playing deep is the time you might have to field pop-ups.
23. Be a thinking pitcher. Pitch to the hitter's weakness without deviating from your own strength
24. Work on "long toss" all year around. It's the key drill in the development of arm strength.
25. Use exactly the same arm speed for the fastball and change-up.
26. Throw the change-up when the good hitter is looking for a fastball. Many times this is in 3-1 or 2-0 counts.
27. Make sure to be on balance before going to the plate. It is the key to the delivery.
28. By stepping toward the catcher's mitt on your delivery you can avoid throwing across your body.
29. Make sure the toe and heel of your stride foot land at the same time.
30. Control comes from concentration and repetition.
31. Always believe you're better than the hitter.
32. Work the corners and knees. Make the hitter go after your pitch.
33. Work on your change up daily, especially in long toss where you are just trying to get a feel for it and not worried about its location. You'll also see more movement the farther apart you are.
34. Throw the curveball with a little less speed than the fastball. The release should be slightly higher, slightly closer to the body, and slightly out in front to get the 12-6 rotation.
35. Try to throw the baseball on a downward plane to the plate. The greater the angle downward, the greater the advantage. That's one of the reason's tall pitchers throw hard.
36. Left-handers, in your pickoff move to first, bring your stride foot down as close as possible to the 45-degree angle. Right-handers can use the same move to pick off to third base.
37. Break for first base on every ball hit to the right side of the infield. On in-betweeners between the pitcher and the first baseman try to field every ball. Call out "take it" or "I got it" to the first baseman, as soon as possible.
38. In a double-play situation, your ideal pitch will be the 2-seam fastball. Its sinking motion will produce more ground balls than any other pitch.
39. Have a purpose for every pitch. And not every pitch has to be a strike. This is the main difference between the good pitchers and the great pitchers.
40. With the game on the line, go to your best pitch. You're best pitch might be different on different days.
41. Practice pitching from the stretch twice as much as you would from the wind-up, as you will do in a game.
42. Don't throw and off-speed pitches to slap hitters.

43. The key to your (right-handed) pick-off move is quickness. Use a short step off, short arm action, lead with your front shoulder, and throw an accurate throw on the base on the knees.
44. Vary your looks to first and the time spent in the set position. Use the 1-3-5 second method. Use more 5-second looks for good base runners.
45. Bear down on the leadoff man every inning. Get him out and you've completed over a third of the inning. This takes away much of the offensive options.
46. You have to control the strike zone to be effective.
47. Think curveball against a hitter who consistently pulls his head off the pitched ball. If the hitter swings badly, throw it again.
48. Keep your head over your pivot foot throughout your delivery.
49. Line up your stride foot, knee, hip, glove, and front shoulder with home on the delivery.
50. Lift—don't kick—your stride knee to its maximum height (with no runners on base).