

Things to Remember About Pitching:

1. Good pitching will beat good hitting- A .400 hitter is considered very good, and he still fails 60% of the time.
2. Free passes-walks and hit batters-are like base hits. Keep your numbers (walks, hits, and hit batters) down to an average of one per inning and you will do just fine.
3. The hitter gets worse the deeper he gets behind in the count-Stay Ahead!!!!
4. It may be the only team sport played where one person can control the whole game.
5. Develop as many pitchers as you can. You never know who will still be there when they get older.
6. A change-up can be the most devastating pitch in baseball, but there is nothing that beats a well located fastball.
7. Don't overuse your pitchers! An arm has only so much mileage before it wears out.
8. Make sure that your pitchers get together and discuss how they can get out hitters. Two minds are better than one, and it keeps them thinking about the game.
9. Have your pitchers throw from the stretch. The most important pitches in the tightest situations come from the stretch.
10. Lifting is good for athletes, but flexibility is vital to a pitcher. Develop the legs and torso and strengthen the arm without losing flexibility. A pitcher's enemy is the bench press.
11. Don't waste a good bullpen or pre-game by just throwing without thinking. Work on location and pitches. It's a great time to develop your game and raise the level of performance.
12. Reflect on your performance after you have thrown. Pick strengths and weaknesses.
13. If hitting is timing, then pitching is the disruption of timing. Make the hitters hit your pitch and allow your fielders to make plays for you.
14. Don't ever look at an umpire in a way that is negative. Don't question his ball strike calls. Let your catcher do this for you. You may need the man in blue later in the game.
15. Teach a lefty to wear his hat correctly and never give up on one as a pitcher. They might surprise you.