

A Blueprint for Becoming a Successful Pitcher

The Coach's Role

Help the player develop goals that are both attainable and measurable, with a well-defined plan for achieving those goals (*designed to enhance self-motivation and direction*).

Talk about the role of the two muscle groups involved in throwing a ball (the *accelerators* and the *decelerators*) and the conditioning that is required keeping them injury free.

Provide instruction for developing proper mechanics through the use of visual aides, utilizing drills to develop proper muscle memory.

Help the player recognize and develop game winning pitching strategies to exploit the hitter's strengths and weaknesses by:

- throwing the right pitch in the right situation
- changing speeds with the fastball
- not being afraid to pitch inside
- learning when to and when not to use the change-up, and the breaking ball.
- upsetting the hitter's rhythm
- getting ahead of the hitter
- working fast without rushing
- staying unpredictable
- making adjustments in the later innings
- getting ahead with strikes and getting the hitter out with balls
- frustrating the aggressive hitters by working more slowly (step off the rubber and rub up the ball or talk to the catcher)
- processing information provided by the hitter
- staying away from a good hitter's zone.

Teach Defensive Responsibilities

- fielding the position
- holding runners on

Help the Player Develop MENTAL TOUGHNESS by:

- developing a mind-body connection
- learning how to relax using breathing techniques
- trusting and believing in oneself
- mental rehearsal/visualization skills/imagery
- learning how to control and influence thoughts, attitude and emotions in very positive and powerful ways
- affirmations and positive self- talk
- thought-stopping techniques
- focusing on the process and not the outcome
- applying the approach-result- response technique
- establishing a consistent pre-game routine

- establishing a consistent mound routine

“Peak Performance is no Accident”

The Player's Role

Demonstrate a desire to play, a commitment for accomplishing your goals, and a “can do” attitude.

“Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it.” -- Lou Holtz

The Zone-In pitching aid and other Pitching Essentials products provide the tools to help coaches and players alike in successfully implementing the "Blueprint for Becoming a Successful Pitcher". Advanced pitching targets like the Zone-In are an essential part of your baseball equipment inventory.