

Coach 'Traub, Performance Consultant offers you:
Pitchers' Pertinent Information

- 1) Throw the ball aggressively through the mitt.
- 2) Throw the ball aggressively through the mitt.
- 3) Throw the ball courageously, with confidence and commitment to that pitch or pickoff.
- 4) "On or out in (\leq) 4 pitches"
- 5) Be aggressive. Be courageous. Be courageous by eliminating the impact of fear. Almost always with <2 strikes, the goal is for the hitter to hit, not miss, this pitch. If you hit your target aggressively and the batter gets a base hit, you did your job as an athlete of executing a pitch successfully. (We may question the pitch selection.)
- 6) The most important pitch in the game is the next pitch. Stay in the present tense.
- 7) Communicate clearly and plan PFP's ahead. If a double play is in order, before the first pitch to the batter, tell the appropriate fielder that you're coming to him if a ball is hit to you. Make eye contact with the first or third baseman in a bunt situation to indicate that you know it is your line. If there is doubt with your catcher about what pitch to throw, do not throw the pitch. Step off and get it straight.
- 8) If umpiring or defense or score or whatever is bad, do your very best to let the coaches worry about that. You concern yourself with throwing the ball aggressively through the mitt on the most important pitch of the game: the next one. Never throw a pitch while having a negative thought.
- 9) Never display negative body language on the mound. If you want to control the baseball, you must first control yourself.
- 10) Work fast or gather. One or the other. Never a combination of the two. Catch the ball back from the catcher backing up towards the rubber.
- 11) Have a routine that allows this stuff to happen consistently. Stay with your routine.
- 12) Your routine should include: Pitch, Location, Breath, Image, Target
- 13) Think of pitching as expert glove hitters. Learn to focus and judge your success solely on the factors that you can control.
- 14) Throw the ball aggressively through the mitt.

You spend your whole career holding a little ball and when it's over, you realize it was the other way around the whole time.

-Jim Bouton

