

Pierre Baseball Pitching Philosophy

We want to make pitching as simple as possible. While trying to create a confidence in our players. A confident player is a good productive player.

- 1) We are going to challenge hitters in the strike zone early in the count.
 - a) We must preach that a ball put in play is not a bad thing, we have a great defense and they are on the field for a reason.
 - b) We do not pitch to contact we pitch to our spots. (where do I want to throw the ball)

- 2) **We must teach this point.** Control the Controllable!!!
 - a) If I threw the ball to the spot that I wanted to throw the ball too, and the other team gets a hit, that is ok. If I execute what I was trying to execute and they get a hit; we must learn to be satisfied with our efforts.
 - b) We must teach that the process is important not the results of an individual pitch.

- 3) Our Pitchers must go through the pitchers process every single pitch.
 - a) **This is going to be very hard for our kids to do!!!!**
 - b) We must preach this every time they get on the mound, 90 percent of this game is mental, we have to teach kids to get in the right mental frame of mind.
 - c) As soon as the player's mind goes so does everything else. You can be the most talented player in the world, but when your confidence goes so does your talent.

- 4) Be as Basic as we can be on the mound. Make this game simple, have as little wasted movement as possible to allow yourself to have a repeatable and powerful delivery.

How To Be Basic

Post 8 Mechanics

1) Balance

- a) Our goal is to be as balanced as we can possibly be. Being balanced means that our head does not go side to side or backwards.
- b) We need to teach that our head goes straight forward at the target.
- c) Glove hand stays out front of the body.

2) Hip Lead

- a) We want our players to lead with the back pocket of their front leg. When we throw we want our weight shift to be directly at the plate, with no wasted movement.
- b) Drive off the ball of your foot...NOT THE HEAL. We drive off the ball of your foot...NOT PUSH! Try to crow hop and throw as hard as you can you will never push off your heal...it is not possible. But when we pitch we don't focus on what part of our foot our weight is in.

3) Landing Foot

- a) Land on the ball of your foot not your heal.

Our Pitching Process

Next Pitch Mentality

This is what we will do every time we throw a pitch this should be our thought process!!!

- 1) Clear mind of last pitch or play. (Clear spot)
 - a) Clear spot means you have one spot that you look and take a deep breath the forget the last pitch. Does not matter if it was a good or a bad pitch, we forget that pitch.
 - b) Could be the left field foul pole, could be the catcher's left shin guard, it could be the pitcher's mound, it should never be a person because people respond with emotion good or bad...as the pitcher we want to pitch with no emotion.
 - c) Our goal for our pitchers is to never know if they are pitching well or poorly.

- 2) Be Present
 - a) We have forgotten the last pitch, now we focus on what we need to do to execute the next pitch.

- 3) Make a GOOD PITCH
 - a) Finally you tell yourself my only goal here is to "MAKE A GOOD PITCH". We don't worry about controlling anything that we can not control, our goal is not to get the guy out, it is to "MAKE A GOOD PITCH". That all we are trying to do.
 - b) You throw the pitch you want to throw in the spot you want to throw it. You must be satisfied with the outcome good or bad.

We must teach our pitchers to be satisfied with the outcome good or bad if we execute the pitch we want.