

# **NHS Baseball: Pitching: Mental / Counts**

## **Mental Approach to Pitching:**

**As a staff we are going to be aggressive and go after hitters most of the time. If you watch a major league batting practice, they often hit into outs with a BP pitcher throwing 60 MPH. We will attempt to get a hitter out in three pitches. A strike out is nice but the fewer pitches you throw in an inning the longer you can go.**

**The best hitters we face will most likely be .400 hitters. This means on average they are getting themselves out 60% of the time.**

**It is our goal to throw 2 out of the first 3 pitches for strikes.**

**There are four components to pitching: velocity, movement, change speeds, and control. In order of importance:**

- 1. Control**
- 2. Changing speeds**
- 3. Movement**
- 4. Velocity**

**Everyone works and talks about velocity but it is the least important.**

**We must also be mentally tough as a staff. We do not ever want a pitcher to look to the dugout to be taken out of the game. If innings are not going well, you need to keep competing. A look to the dugout is a sure sign of weakness.**

**Control what you can control and do not worry about anything else.**

**Do not ever show up one of your teammates. You can bet that they are doing their best to make the plays behind you.**

**A lot of times the most important pitches you make are after an error. Pitchers reactions can often have an impact on the defense played behind them.**

**We do not want to waste many pitches. Every pitch should have a purpose.**

- 1. Work fast**
- 2. Throw strikes**

### 3. Change speeds

**We are not concerned with ERA's... we are concerned with W's.**

#### **Pitching Plan and Counts:**

**Know your strengths and the count:**

**-80% of the time the first pitch is fouled off or taken- GET AHEAD**

**1. 60-65% of 1<sup>st</sup> pitch strikes**

**2. 2 of 3 pitches for strikes**

<b>Batter Ahead in the Count</b>	<b>Batting Average</b>
<b>1-0</b>	<b>.340</b>
<b>2-0</b>	<b>.337</b>
<b>3-0</b>	<b>.160</b>
<b>2-1</b>	<b>.297</b>
<b>3-1</b>	<b>.355</b>
<b>3-2</b>	<b>.250</b>
<b>Batter Tied</b>	<b>Batting Average</b>
<b>0-0</b>	<b>.313</b>
<b>1-1</b>	<b>.285</b>
<b>2-2</b>	<b>.180</b>
<b>Batter Behind</b>	<b>Batting Average</b>
<b>0-1</b>	<b>.246</b>
<b>1-2</b>	<b>.185</b>
<b>0-2</b>	<b>.205</b>

**1-1 is the most pivotal count- huge swing in batting average between 1-2 and 2-1, as much as .150 and .200 points**

## **Reading Hitters:**

**We will usually not get much of a chance to get a good scouting report on the hitters we will be facing. So, we need to take every advantage we can to get a read on hitters. The following are things we will be looking for:**

- 1. Short or long swing**
- 2. Does he use all fields**
- 3. Body Build**
- 4. Previous games and at-bats**
  - a. First pitch swinger**
  - b. Will he chase a pitch**
- 5. The way he takes pitches**
  - a. Does he stay back on off-speed pitches**
  - b. Does he fly open**
- 6. Where does he stand in the box**

**We will classify the hitters as a:**

- 1. Slap Guy**
- 2. Pull Guy**
- 3. Combination**
- 4. Plumber**

**“Slap Guy” -usually hits at the top or bottom of the order. Good runner and will look to hit up the middle and the other way. *Get him out- bust him in with hard stuff and make him try to pull the ball- this will make him vulnerable to off speed pitches***

**“Pull Guy” -We will see several of these guys. Usually hits in the middle of the order. Tough time staying back. Not a good bunter. *Get him out- even though***

***it looks like he will hit the outside pitch, this is where he is vulnerable. Work away and with off speed. When you get ahead, you can go up and in***

**“Combination Guy”** -Normally the best hitters on a team. Will use all fields.  
***Get him out- this is the guy we do not want to beat us. We must get ahead of him with our best pitch. With no one on base, go after him. With a base open, make sure he hits your pitch.***

**“Plumber Guy”** -this guy does nothing above average. He hits down in the order and is a good defender. He will sac bunt. He will hurt you if he walks or gets hit by a pitch. ***Get him out- throw strikes and make him hurt us. Do not try to be too fine.***