

PITCHING PLAN TO EXPOSE HITTER'S WEAKNESSES

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● Know Her Go-To Pitches = Weapons

● *What Pitches Do You Have?*

● 2-0...what pitches do you have?

● 3-0...what pitches do you have?



Drop
Rise
Change
Screw
Curve
Curve Drop
Drop Curve
Fastball
Fastball
Rise Curve
Inside Rise
Outside Rise
Inside Drop
Outside Drop

● Know Her Zone Attack Pitches

- Low In, Low Out, High In, High Out

Drop
Rise
Change
Screw
Curve
Curve Drop
Drop Curve
Rise Curve
Inside Rise
Outside Rise
Inside Drop
Outside Drop



● Know Her Speeds

- Fast and Slow?
- Fast, Slower and Slow?
- Fast, Fast and Fast?



● What's Her Swing?

- Find it – On Deck
- Don't Pitch It

● What's Her Speed?

- FAST – Pitch Up
- SLOW – Pitch Down

● What's Her Need?

- Bunt – Up or Down/In
- Opposite Field - IN
- RBI – Down into Defense
- Sac Fly - Down



● For This Pitch:

- Out Pitch?
- Setup Pitch?
- Defensive Coverage Pitch?

● For This Batter:

- First Time Through Lineup?
- What's her Swing?
- What Do They Need Her to Do?
- Is She a Keep-Off in Front of a Key Hitter?

● What Are YOUR Weapons?

- Number of Zone Attack Pitches?
- Go-To Pitches?
- Different Speeds?

● CONTROL MATTERS!!

LOWE:

#26

- IN & OUT
- WANTS TO HIT EARLY IN COUNT
- WEAK BETWEEN CHEST & WAIST
- CHANGE UP - LATE IN COUNT INSIDE - NOT OUT!
- ↳ → CHANGE IN
- OS DROP IN • CURVE DOWN & OUT



GREAT Softball Educational Material

www.softballexcellence.com

**COACHING NEWSLETTER -
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