

WHAT TO DO WITH PITCHERS DURING PRACTICE

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PRACTICE!

- **Control**

- Making Proper Adjustments

- **Speed**

- Discussed Yesterday

- **Pitch Development**

- Develop New Pitch
- Improve Current Pitch

- **Pitch Combinations**

- Mixing One Pitch in with Another

- **“C” Game Days**

- Without Best Pitch

- **Endurance**

- Mix in with other workouts
- Put at Beginning & End

- **For Hitters** (Yours & Theirs)

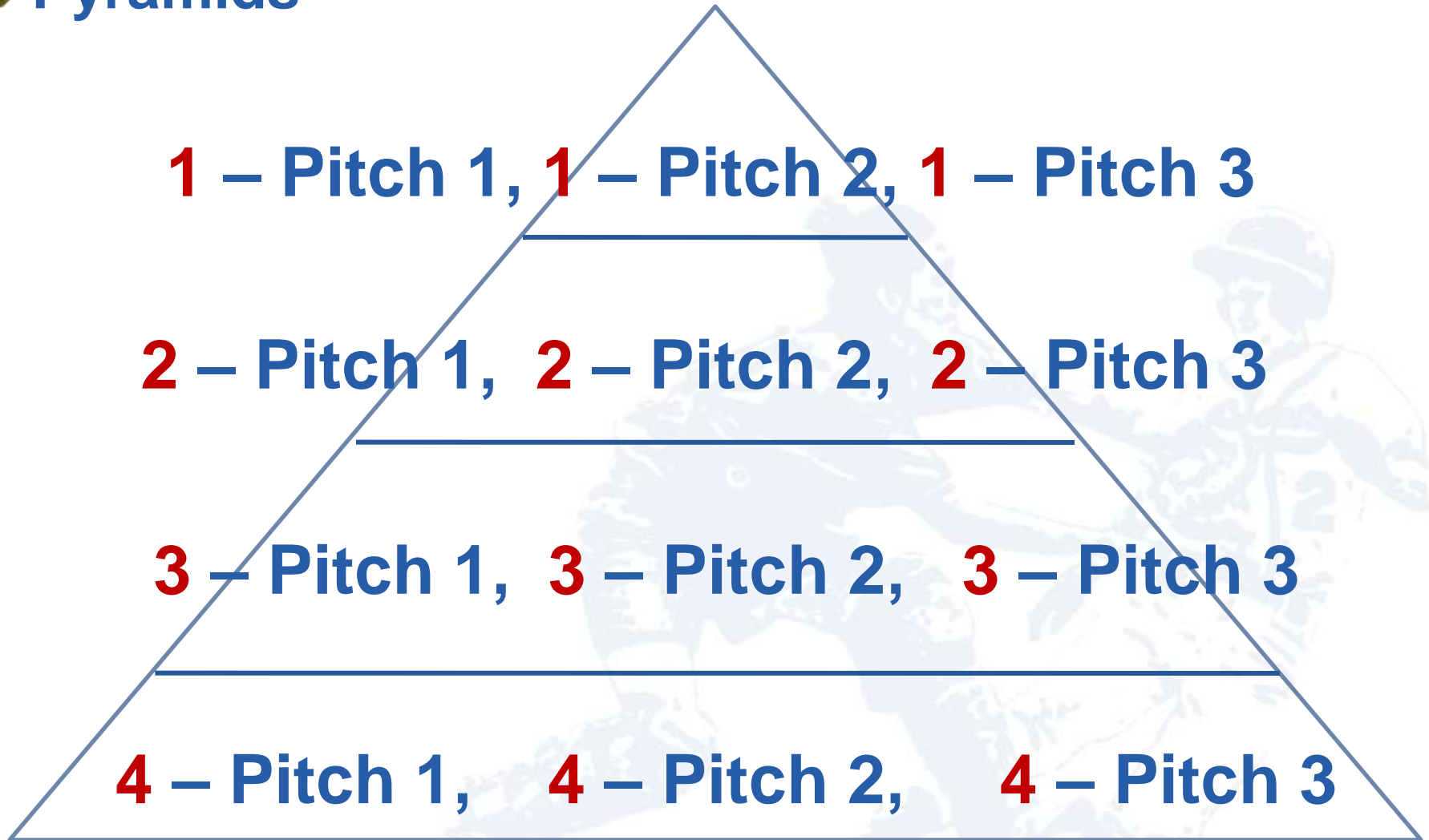
- **Defense**

- Your Pitcher Practices her Infielder Skills

- **Bigger Quantities of Same Pitch**
- **Speed Development too**
- **Mix Locations**
 - Up/Down
 - In/Out
- **Mix Movements**
 - Up/Down (rise/drop)
 - In/Out (screw/curve)
 - Up-In/Down-Out
 - Up-Out/Down-In



● Pyramids



● **Big Opposites – Locations:**

- High / Low
- In / Out

● **Smaller Opposites – Locations:**

- High-In/ Low-Out
- High-Out/Low-In
- High-In/Low-In
- High-Out/Low-Out

● **Opposite – Speeds:**

- Fast- *Slow*
- Fast High – *Low Slow*
- Fast High/In – *Low/Out Slow*
- Fast High Out – *Low/In Slow*



Accuracy Tracking Chart

Pitcher: _____

Date: _____

Pitch: _____ **Pitch:** _____

1 1 1 1 1 **1 1 1 1 1**

1 1 1 1 1 **1 1 1 1 1**

Pitch: _____ **Pitch:** _____

1 1 1 1 1 **1 1 1 1 1**

1 1 1 1 1 **1 1 1 1 1**

Pitch: _____ **Pitch:** _____

1 1 1 1 1 **1 1 1 1 1**

1 1 1 1 1 **1 1 1 1 1**

Pitch: _____ **Pitch:** _____

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1 1 1 1 1 **1 1 1 1 1**

Pitch: _____ **Pitch:** _____

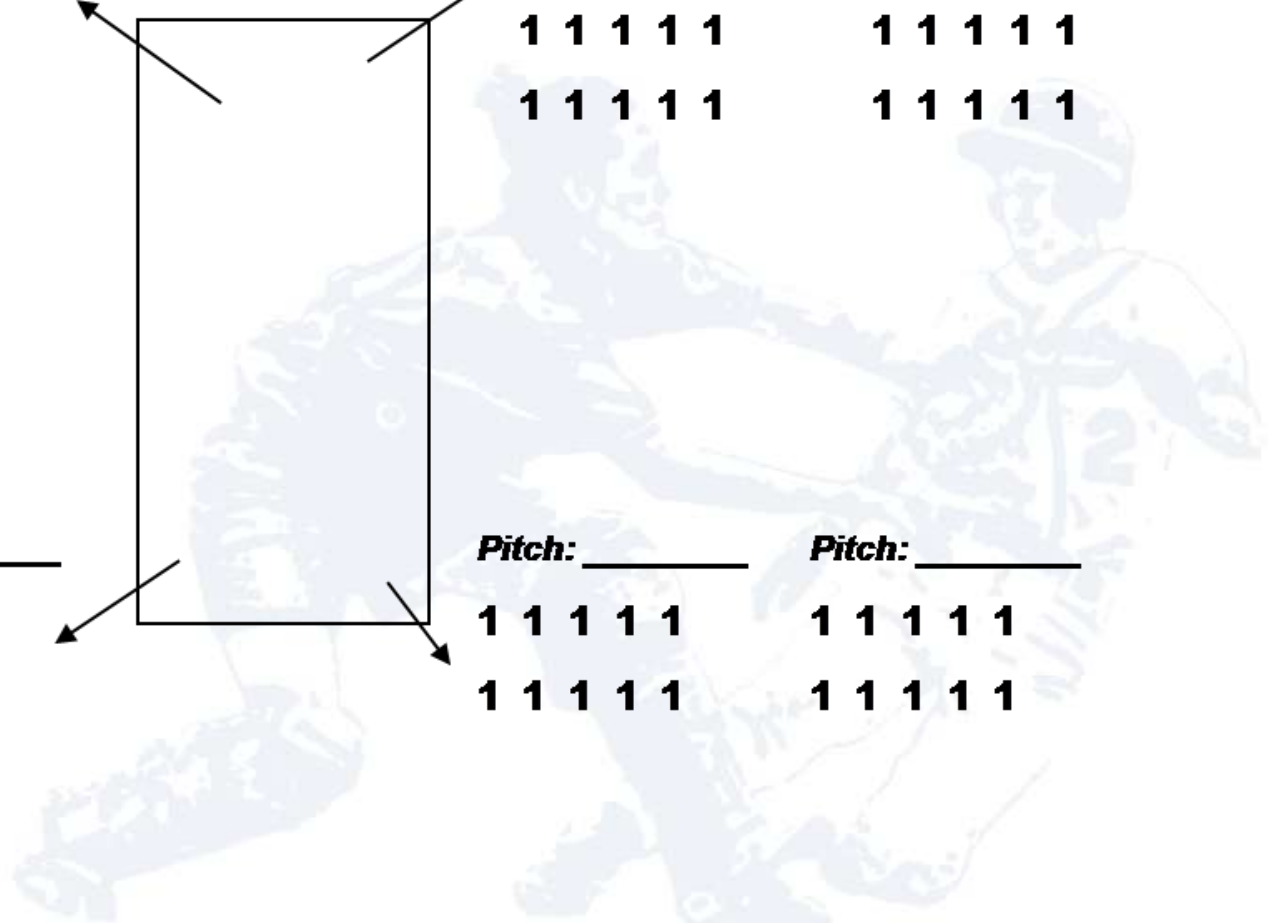
1 1 1 1 1 **1 1 1 1 1**

1 1 1 1 1 **1 1 1 1 1**

Pitch: _____ **Pitch:** _____

1 1 1 1 1 **1 1 1 1 1**

1 1 1 1 1 **1 1 1 1 1**



Accuracy Tracking Chart

Pitcher: _____

Date: _____

Pitch: **FB** Pitch: **R**

1 1 1 1 1 1 1 1 1 1

1 1 1 1 1 1 1 1 1 1

Pitch: **R**

1 1 1 1 1

1 1 1 1 1

Pitch: **S**

1 1 1 1 1

1 1 1 1 1

Pitch: **D** Pitch: **X**

1 1 1 1 1 1 1 1 1 1

1 1 1 1 1 1 1 1 1 1

Pitch: **X**

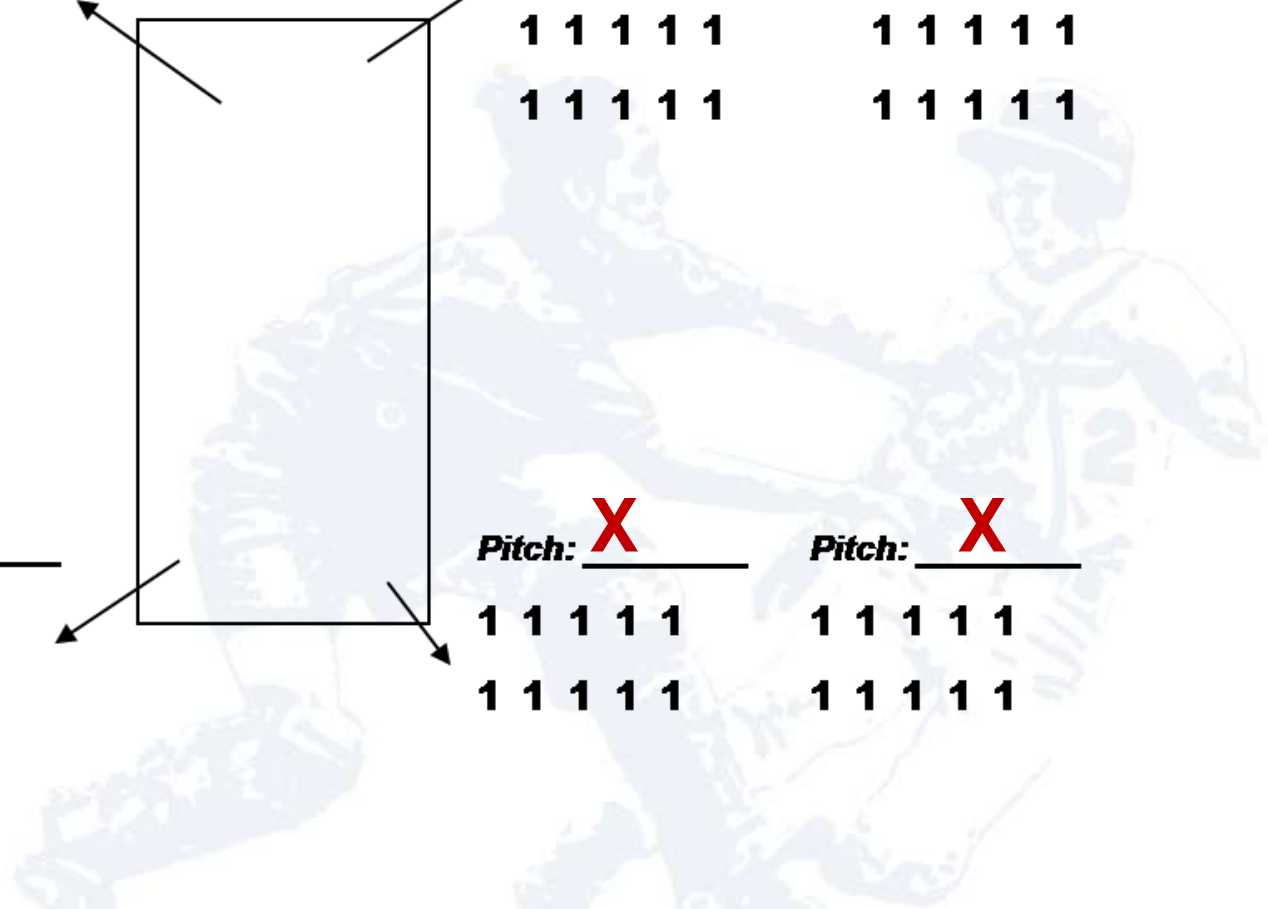
1 1 1 1 1

1 1 1 1 1

Pitch: **X**

1 1 1 1 1

1 1 1 1 1



Accuracy Tracking Chart

Pitcher: _____

Date: _____

Pitch: **FB** Pitch: **R**
~~1~~ ~~1~~ 1 ~~1~~ ~~1~~ 1 1 1 1 ~~1~~
1 1 1 1 1 1 1 1 1 1

Pitch: **D** Pitch: **X**
~~1~~ 1 1 ~~1~~ ~~1~~ 1 1 1 1 ~~1~~
1 1 1 1 1 1 1 1 1 1

Pitch: **R** Pitch: **S**
1 1 1 1 1 ~~1~~ 1 1 ~~1~~ ~~1~~
1 1 1 1 1 1 1 1 1 1

Pitch: **X** Pitch: **D**
1 1 1 1 1 1 1 1 ~~1~~ ~~1~~
1 1 1 1 1 1 1 1 1 1

● Get Batters in Box:

- Prevent practice isolation
- Never let them know different

● Get Righty and Lefty Batters

● Use Trash Cans if no Batters

● Use Older Players/Coaches to Get Out of Way

● Use Pitching Practice as Teaching Time

- Teach hitters how to get hit
- Tracking chances for batters



● Focus & Tracking Practice

- Pitch Catching
 - Back & Side
- Popcorn Spit
- Hitting Disk Pitches
- Cone Calling
- Pitch Calling
 - High/Low
 - Fast/Slow
 - In/Out
- Go-Go-Go-NO!



● Create Distractions!

- Whistle Leads

Studying Hitters & Situations

- Know Your Zone Attack Pitches
- Learn Your Confident Combo's
- Pitch to Different Catchers
- Know Your Go-To Pitches
 - Practice your weaknesses



Seasonal Workouts

- Pre-Season
- In-Season/Early Season
- Off-Season



● Time to Mix Pitches

● Main Goals:

- Mixing Pitches
- Introduce Accuracy Charts
- Start Thinking About Stamina

● Objectives:

- Set Up Workouts from 1st Game Backwards
- Not Trying to Peak at 1st Game
- Vary Intensity & Length of Workouts
- Building Strength & Stamina



● Mix Pitches & Rest

● Main Goals:

- Mix in Rest
- Mix in Intensity & Pitch Combinations

● Objectives:

- Set Up Goals After 1st Week of Games
- Give Days Off After Big Games/Weekends
- Use Spin Workouts for Easy Days
- Establish Best Workouts for Easy Days
- Attack Season 1 Week or Month at a Time
- Allow for Rest (*time off when necessary*)

● Time to Develop Pitches

● Main Goals:

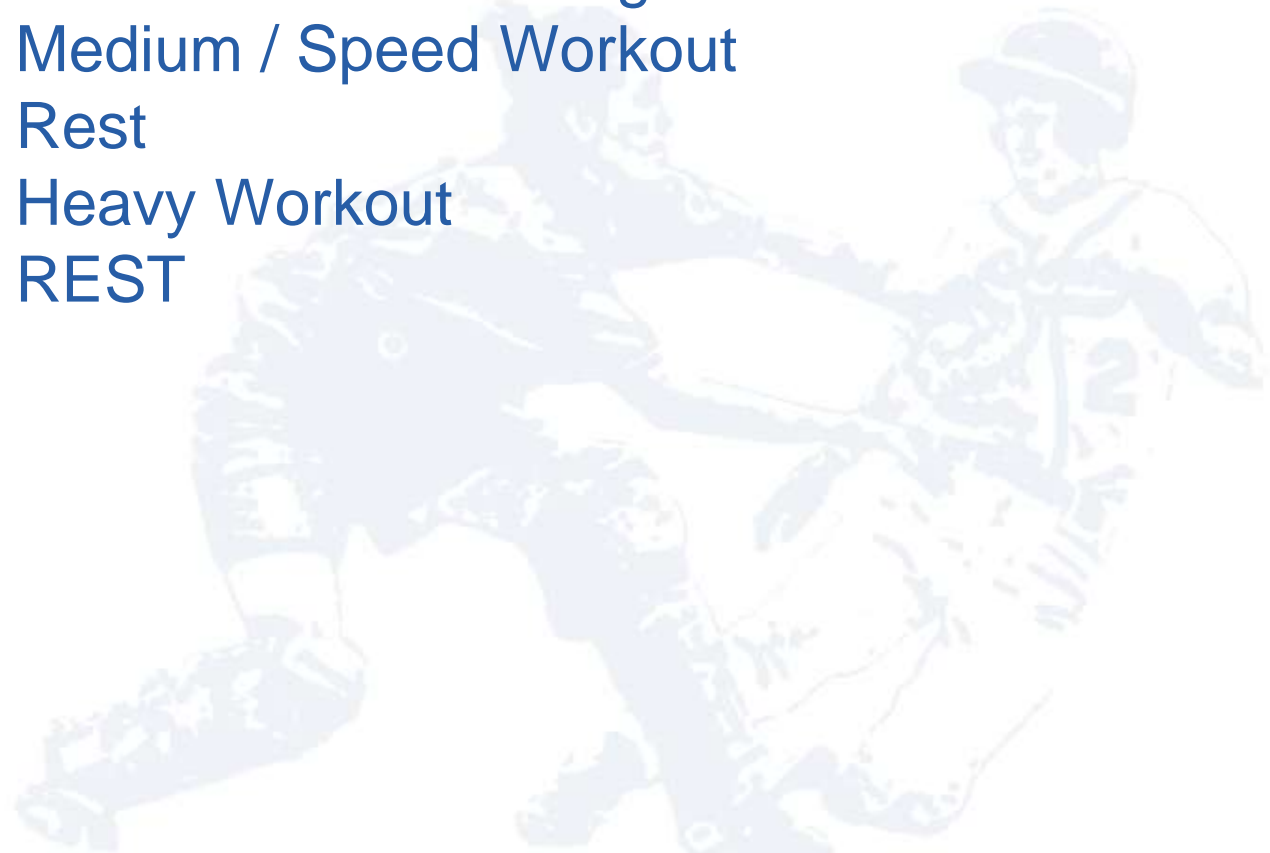
- Improve Current Pitches
- Develop New Pitches
- Work Pitches in Isolation
- No Accuracy Charting

● Objectives:

- Map Out Total Time for Off-Season Practice's
- Set Goals (develop new pitch, improve pitch to new location, develop different speed...)
- Set up Workouts to Accomplish Goals in Time You Have
- Give Time Off

● Workout Schedule

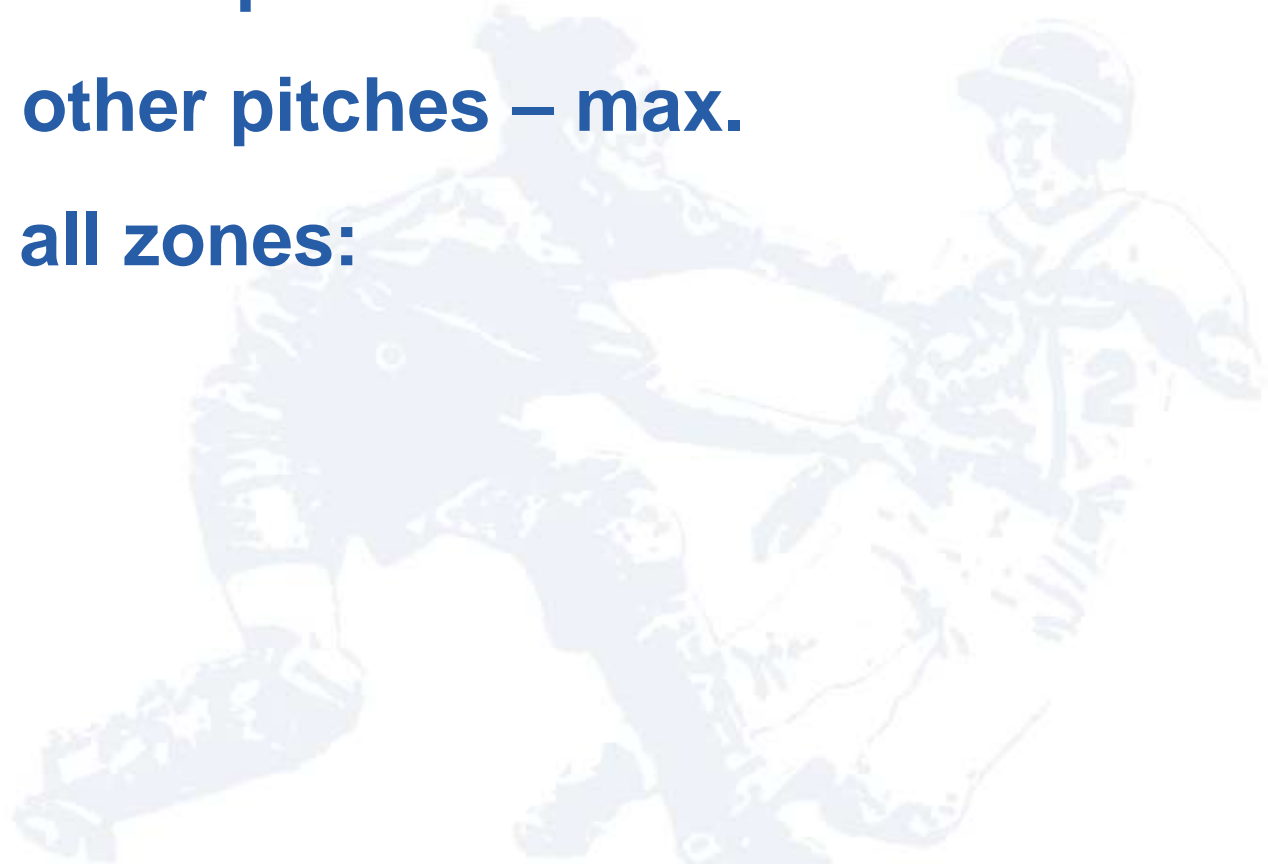
- Monday = Light Workout
- Tuesday = Medium / Pitch Focus Workout
- Wednesday = Medium / Conditioning Workout
- Thursday = Medium / Speed Workout
- Friday = Rest
- Saturday = Heavy Workout
- Sunday = REST



- **15 TOTAL Pitches of each pitch** (*INCLUDING warmups*)
- **100% effort on each pitch**
- **MAKE the ball move!** (*no time to do it on the next pitch since you are only throwing a small amount of pitches*)
- **Pick no more than 3 pitches plus your changeup, and be sure to have a pitch in each of the 4 zones:**
 - High
 - Low
 - Inside
 - Outside

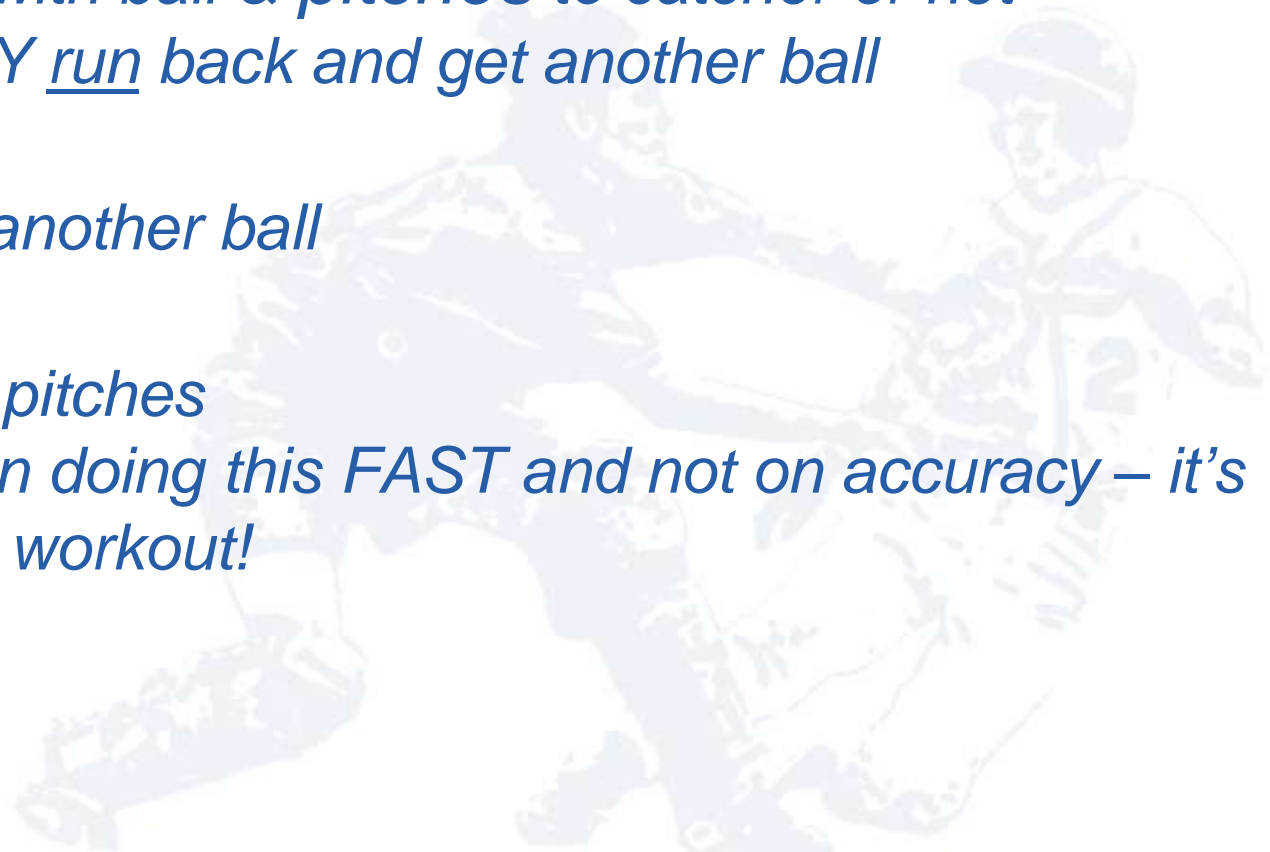
Medium / Pitch Focus Workout

- **25 TOTAL Pitches of each pitch (NOT including warmups)**
- **100% effort on each pitch**
- **Changeup + 3 other pitches – max.**
- **Must throw to all zones:**
 - Inside
 - Outside
 - Up
 - Down



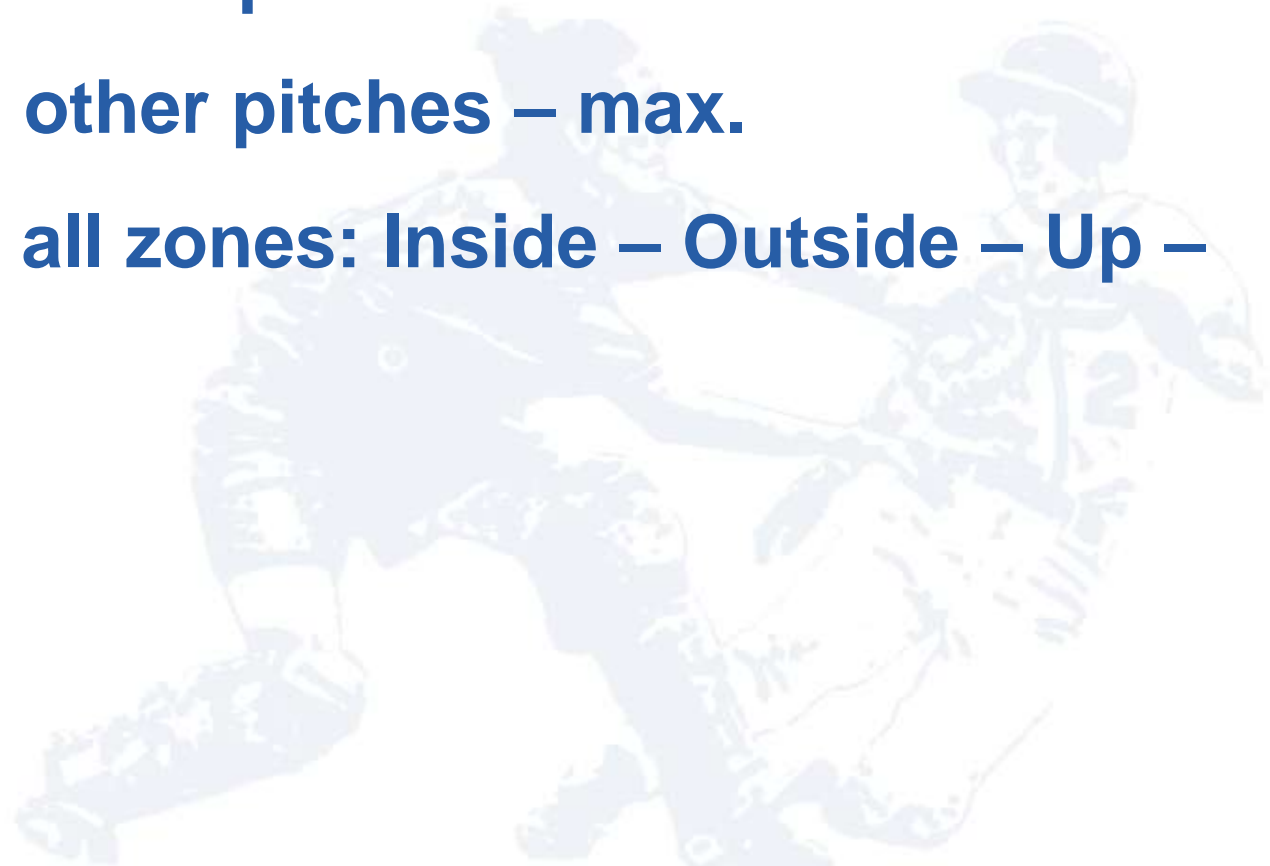
● 20 Pitch & Pickups:

- *Bucket of 20 balls, or 20 balls on the ground behind the pitching rubber*
- *Pitcher starts with ball & pitches to catcher or net*
- *IMMEDIATELY run back and get another ball*
- *Pitch*
- *run back, get another ball*
- *Pitch*
- *Repeat for 20 pitches*
- *The focus is on doing this FAST and not on accuracy – it's a conditioning workout!*

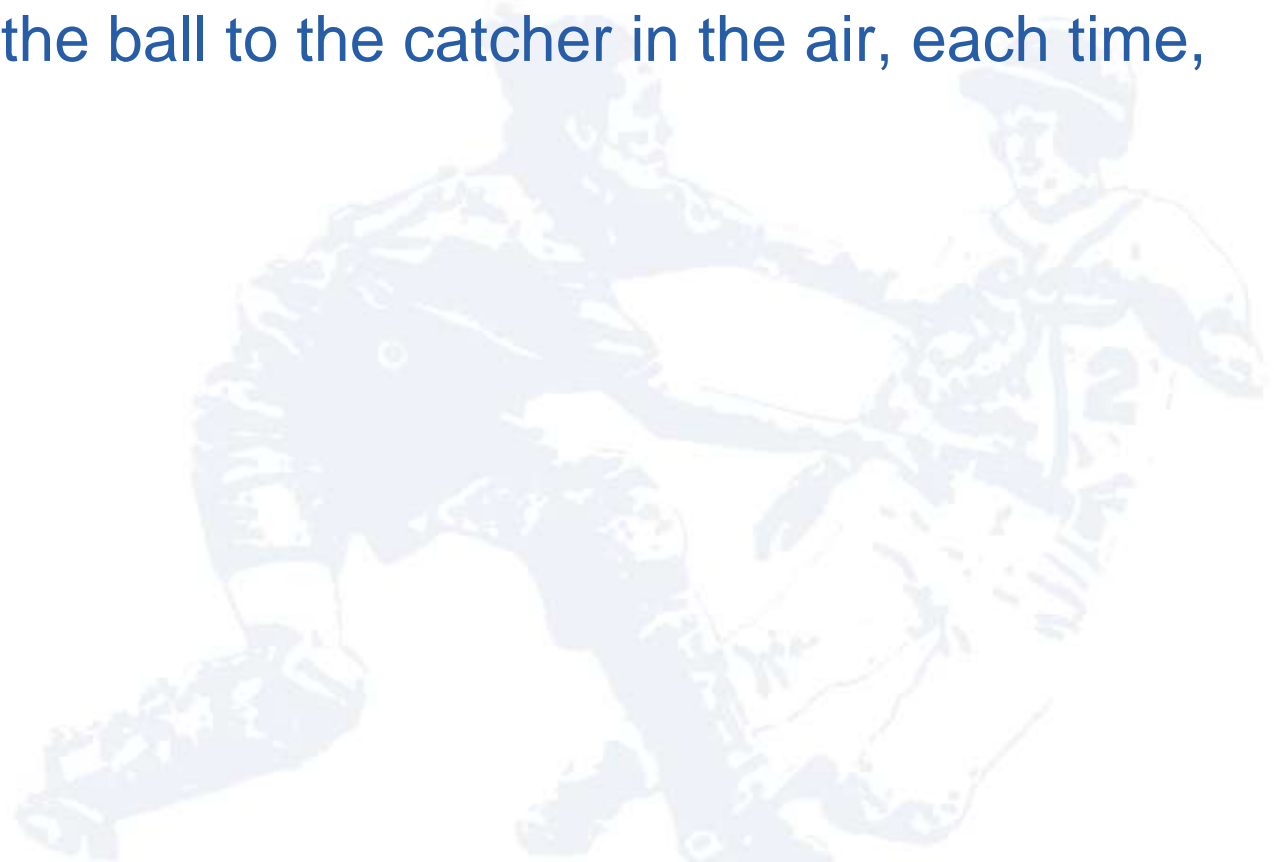


Medium / Conditioning Workout, cont.

- **20 TOTAL Pitches of each pitch** (*NOT including warmups*)
- **100% effort on each pitch**
- **Changeup + 3 other pitches – max.**
- **Must throw to all zones: Inside – Outside – Up – Down**

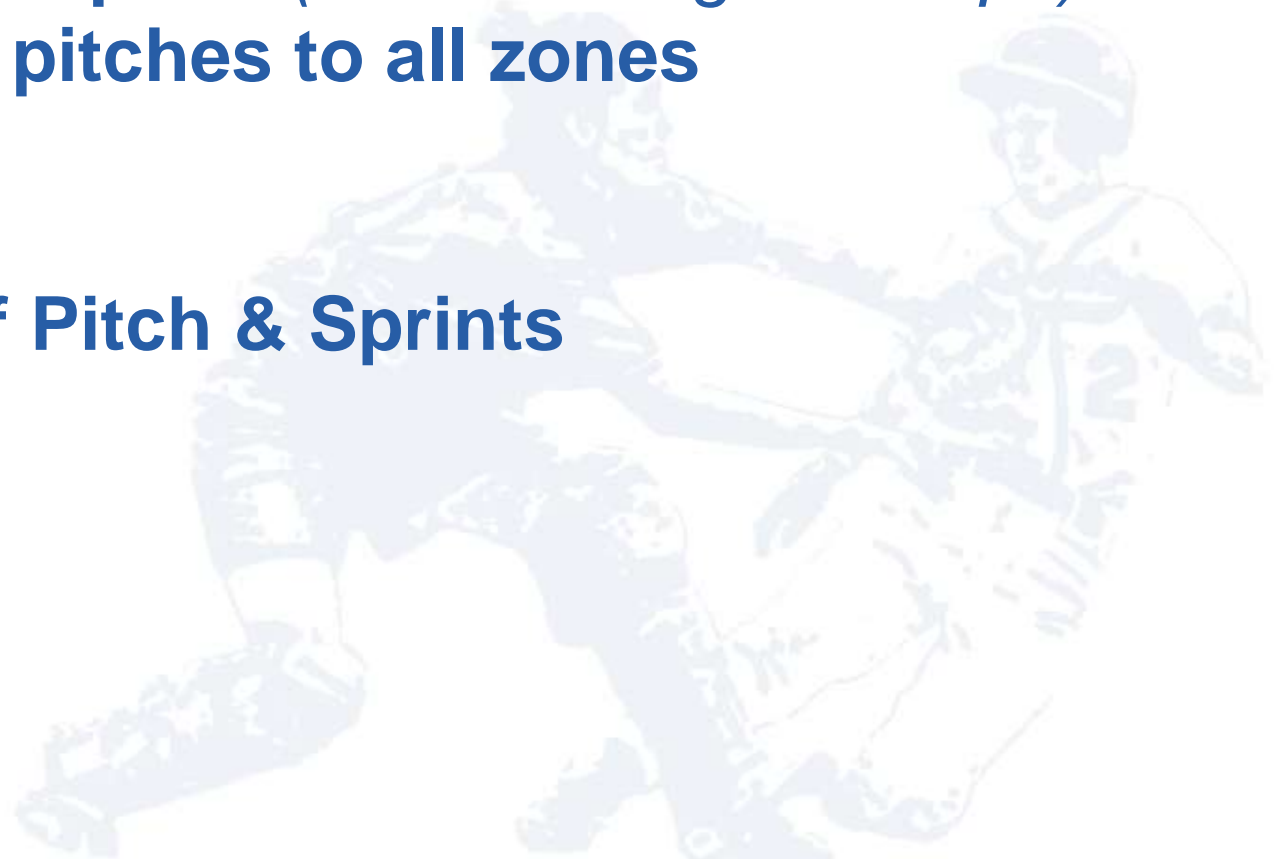


- **25 Basketball pitches from 43 feet at 100% effort**
- **25 distance pitching from at least 110 to 130 feet**
 - Focus is NOT on control
 - but on getting the ball to the catcher in the air, each time, on a loop.



Heavy Day Workouts

- 10 minutes of Spin work on each pitch you've thrown this week
- 30 pitches each pitch (*not including warmups*) – changeup = 3 pitches to all zones
- 100% effort
- 2 sets of 10 of Pitch & Sprints



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