



Pitch Selection Calls

THROW HIGH: A pitch that should usually be thrown inside to the middle of the plate and waist to chin height.

WHEN/WHY: 1. Batter is up in the box. 2. Batter is crouched over plate. 3. Batter has a weak swing or a hitch. 4. Batter attempting to pull the ball. 5. Runner may attempt a stolen base. 6. Defense is expecting a bunt. 7. Defense is looking for a fly ball/pop out.

THROW LOW: A pitch that is usually thrown between the middle and outside of the plate ankle to waist height.

WHEN/WHY: 1. Batter is back in box. 2. To change speeds to throw off hitter. 3. Hitter looking to go opposite field. 4. Defense is looking for ground ball.

CHANGE-UP: A pitch that is usually outside and low. It's thrown slower than the fastball.

WHEN/WHY: 1. Hitter is timing your fastball. 2. To change speeds to throw off hitter. 3. Hitter is back in box. 4. Makes your next two pitches look quicker.

DROP BALL: A pitch that is usually inside. The ball starts as a strike then drops out of strike zone.

WHEN/WHY: 1. same theories as low pitch. 2. A batter is standing straight up. 3. They are timing your fastball well. 4. No one on is best time for this pitch.

RISE BALL: A pitch which starts as a strike and rises out of the strike zone.

WHEN/WHY: 1. Same theories as the high pitch. 2. Batter is crouched over. 3. batter will chase a pitch high.

PITCH OUT: A pitch thrown outside to the catcher's throwing position.

WHEN/WHY: 1. Coach feels runner will be going. 2. Check if batter is bunting or slapping. 3. To start pick-off play.