



Ayrton Costa

Baseball Instructor/Trainer

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Orange County | Riverside County



Mechanics

- Simple and efficient to the plate. (More movement the higher chance of mechanical flaws.)
- Athletic stance feet shoulder width apart slight bend in knees.
- Eyes must be on catcher throughout the entire pitching motion and delivery of the pitch. Pitchers have a tendency to look down or away which takes our eyes off the target!
- Good balance, if players balance is poor it can be worked on in warm ups everyday.
- The pitcher's direction needs to be straight towards home plate. This is important because as you get older throwing across your body will cause a lot of stress on the arm. The things to look for are the pitchers landing foot in line with his back foot in a straight line to home plate.

Drills

- **Balance-** Ankle stability is key. 1. Hopping on one foot then alternating going back and forth as well as side to side. 2. Competition holds in the pitcher's balance position. (Increase difficulty by closing eyes.) Broad jumps landing softly and on the balls of your feet.
- **Accuracy-** The most important thing in baseball is the ability to play catch. Make sure your players are taking this very seriously as it is the only time pitchers and position players get to work on throwing accuracy, a simple game is Head/Chest game 1 point for hitting a player in the chest 2 for the head. Accuracy playing catch directly translates to throwing strikes on the mound.

Coaching

- It's a long process but a rewarding one. Velocity is going to come, curveballs and sliders are going to come when your pitchers get older. The most important thing to teach is throwing strikes and working on their accuracy, walks give your defense no chance. Instead of however saying throw strikes which your pitchers are trying to do encourage them to get groundballs and let them hit it in order to quick outs and minimize the pitches they have to throw to get through a game.