



PITCHING WITH RUNNERS ON BASE

The stretch position is used when runners are on base. This pitching position can be taught at any age. In fact, the earlier this position is taught the easier it will be for the pitcher to transition up into the higher leagues.



1. Start by straddling the rubber and checking each base.



2. Step the back foot on the rubber and step the front foot out. Keep the glove up and the ball hidden behind the back leg.



3. Get sign from catcher and go into set position by bringing front foot back and bringing hands to the center of the body. Knees should be bent, feet parallel. Hold this position for at least one second. Pitcher should vary his time that he holds this position.



4. If runner leaves early, pitcher can step off with back foot and throw to any base.

COMMON MISTAKES THAT GIVE THE RUNNER AN ADVANTAGE

Mistake #1 – Set Position is too closed. Being too closed will cause you to lose sight of the first base runner.

Mistake #2 – Locked back leg. Forces pitcher to break down back leg before throwing home. Breaking back leg will telegraph the pitch to the baserunner.

Mistake #3 – Set Position is too open. Being too open forces an obvious move toward home before throwing.

Mistake #4 – Rolling shoulders and elbows. Doing these two things is an obvious sign of throwing.

Mistake #5 – When lifting front leg, bringing it back behind the plane of the rubber. Slows down throwing motion to the plate

TIPS FOR A SUCCESSFUL PICK-OFF MOVE:

1. Always remember that the goal of your pick-off moves is to confuse the runner.
2. Use longer arm action to set runner up, then use a quick, snap throw to pick him off.
3. Always throw at the first baseman's right knee
4. Pivot the head in order to see the target before throwing.

BASIC PICKOFF MOVES:

Try to vary your timing and make the move from different hand positions.

Pickoff Move #1 – Hands come set before throw.

Pickoff Move #2 – Throw as hands are moving up.

Pickoff Move #3 – Throw as hands are moving down.