

# “PITCHING ABSOLUTES”

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- **Minnesota High School Baseball Coaches Association 2018**

- I. FPS (First Pitch Strike)
  - a. Best and most important pitch in baseball is strike one.
  - b. Hitters Counts ~vs~ Pitchers Counts
  
- II. Compete
  - a. Thermostat vs Thermometer (Regulate temp or “check’ temp)
  - b. Competitor over talent all day
  - c. Never give up/Finish inning mentality
  
- III. Passion/Enthusiasm
  - a. “IASM” in Enthusiasm means “I am sold myself”
  - b. One Person with Passion is Greater than 1,000 without
  
- IV. Intent/Conviction
  - a. Pitch Calling
    - i. Pitcher must believe in pitch
    - ii. Most of time more of “Conviction” in pitch being thrown than the pitch.
  - b. “Attack” hitter mentality
  
- V. Tempo
  - a. Keep Defense Engaged 12-15 seconds between each pitch
  - b. Makes cold day feel warmer
  - c. Creates rhythm for defense and pitcher
  
- VI. Renew Commitment
  - a. Focus on one pitch at a time
  - b. Control what you can control...which is really only the next pitch
  
- VII. Control Running Game
  - a. Vary Looks/Picks
  - b. Disrupt Timing/Give Catcher a chance
  
- VIII. Field Your Position
  - a. Pride in defending middle of field
  - b. Flip to 1B or use step back to make longer more athletic throw
  - c. Practice fielding with glove only, keep meat hand out of the play
  - d. Must perfect comebacker 1-6-3 pitchers best friend 100/100

