

**Oregon State University  
Baseball Program**

**Pitching Philosophy  
(Daily Incorporation)**

**Philosophy:**

1. Have command of the strike zone with each pitch that you throw.
  - A. You do not have a pitch unless you can consistently throw that pitch for a strike at least 60% of the time.
  - B. You are able to throw a specific pitch in a specific location.
  - C. In critical count situations, you are able to throw a strike at least 70% of the time.
    - a. 0-0 count
    - b. 1-ball counts
    - c. 2-ball counts
2. Change speeds & change locations.
  - A. You must have at least two pitches and preferably three.
  - B. You will learn a change-up.
  - C. Priorities: 1) strikes; 2) change speeds; 3) movement; 4) velocity
3. Working fast (15 seconds between pitches) will keep our defense in the game.  
(Time them between pitches.)
4. You are responsible for holding runners.
  - A. 1.3 or faster to the plate
  - B. Vary release patterns
  - C. Vary pick-off patterns
  - D. Freeze the runner
5. Be aggressive (out or on in three pitches). Aggressive behavior creates competitive situations. The only time a strike out is important: runner on third base---less than two outs. Your goal is to average 14 or less pitches per inning (98 in 7 – 126 in 9).
6. Be completely committed to the pitch that is called or do not pitch.  
Step off and ask for the pitch that you want to throw.
7. Remember, you have the ball. You are on offense. The hitter reacts to what you throw. He is on defense.

8. Live “in the now”. Once a pitch is thrown it is in the past – no matter what happens. Get on the mound, refocus, and get ready to throw the next pitch.

### **Strike Zone Command**

1. Good mechanics
2. Repeatable release point
3. Confidence through feel and repetition. (Proper repetition is the mother of learning.)

### **Pitching Mechanics: creating a consistent release point**

1. Balance & Posture
  - Direction & momentum: route the head and body take into foot strike.
  - Watch a pitcher’s head: back & forth; up and down.
  - 1” of inappropriate head movement equals 2” on release point.
2. Opposite & Equal
  - Elbows must be opposite and equal at foot strike.
  - The correction is with the front elbow to get opposite and equal.
3. Separation & Delayed Shoulder Rotation
  - Separation of the front hip from the back shoulder.
  - Maximum amount of separation occurs at foot strike.
  - After foot strike the hips slow to a stop and the shoulders speed up.
4. Swivel & Stabilize
  - Keep the glove stable.
  - Pinch and swivel the front elbow.
5. Stack & Track
  - Maintain good posture all the way through the pitching motion
  - Chest and torso are perpendicular to home plate.
  - Take your spine to the glove
6. Release Point & Follow Through
  - The release point should be approximately 6” in front of the landing foot if sequencing is done properly.
  - The front knee is bent and at approximately 90 degrees.
  - The glove remains stable.
  - The shoulders are square to home plate.

- The back foot drags as long as possible before the back foot comes off the ground.
- The back leg path will be similar to the path of the throwing arm.
- Match the ending leg path on the rubber directly towards home plate. This is where the pitcher should be on the rubber.

### **Flat Ground Work: practice routines (20 – 25 minute daily individuals)**

1. Towel Drills: progressions and sequencing (daily)
2. 70 to 90 foot fastball change-up routines (daily)
3. 45 to 50 foot flat ground work (daily)
4. Mound work: twice per week

NOTE: 2/3 to 3/4 of all pitches should be thrown in the stretch position. When on the mound, time their stretch (1.3 or faster).

### **Controlling the Running Game**

1. Pitchers are 100% responsible for the running game.
2. 1.3 or faster to the plate
3. Pick Patterns
4. Release Patterns

KEY: runner must be frozen before delivering to the plate.

### **Charts**

1. Pitching Chart
2. Pitching Goals Chart
3. Velocity Chart