
RECOGNIZING
PITCHING
PROBLEMS
&
HOW TO CORRECT
THEM

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First step is –

KNOWING WHAT TO LOOK FOR ...



***Your catcher's at
the pitching rubber
as often as your
pitcher....***

The Score...



*...if you still can't tell,
then player body
language is a good
clue...*

Next step – ISN'T AS OBVIOUS...

Common PITCHING PROBLEM CATEGORIES:

Control / Accuracy

Speed

Attitude

Work Ethic

Pitch Movement & Consistency

Adjustment Ability

Tips on Diagnosing problems -

- **Some are present most of the time**
 - **Identify the BIGGEST problem** (*not EVERY problem*)
 - ***ONE BAD PITCH DOESN'T MAKE A PROBLEM!***
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FASTBALL

	PROBLEM	REASON	CORRECTION
1.	PITCH IS TOO HIGH	Release is too late	<ul style="list-style-type: none">■ Release sooner■ Aim lower■ High-Low Drill
2.	PITCH IS TOO LOW	Release is too soon (common after previous pitch was too high)	<ul style="list-style-type: none">■ Release later■ Aim Higher
3.	TOO FAR RIGHT	Hips are shutting too soon	<ul style="list-style-type: none">■ Relax the hips and use the hand more (hand beats the hips)■ overhand – underhand
4.	TOO FAR LEFT	Afraid of hitting batter	<ul style="list-style-type: none">■ trash cans and ladder drill
5.	NEEDS MORE SPEED	GREED	<ul style="list-style-type: none">■ Lighter ball■ Bag Drill■ Mound Drill■ Release when foot hits the ground
6.	GOOD IN PRACTICE – BAD IN GAMES	Practice is too predictable and not game-like at all	<ul style="list-style-type: none">■ Alternate locations■ eliminate JUST ONE MORE and END ON A GOOD ONE■ A consequence for every pitch

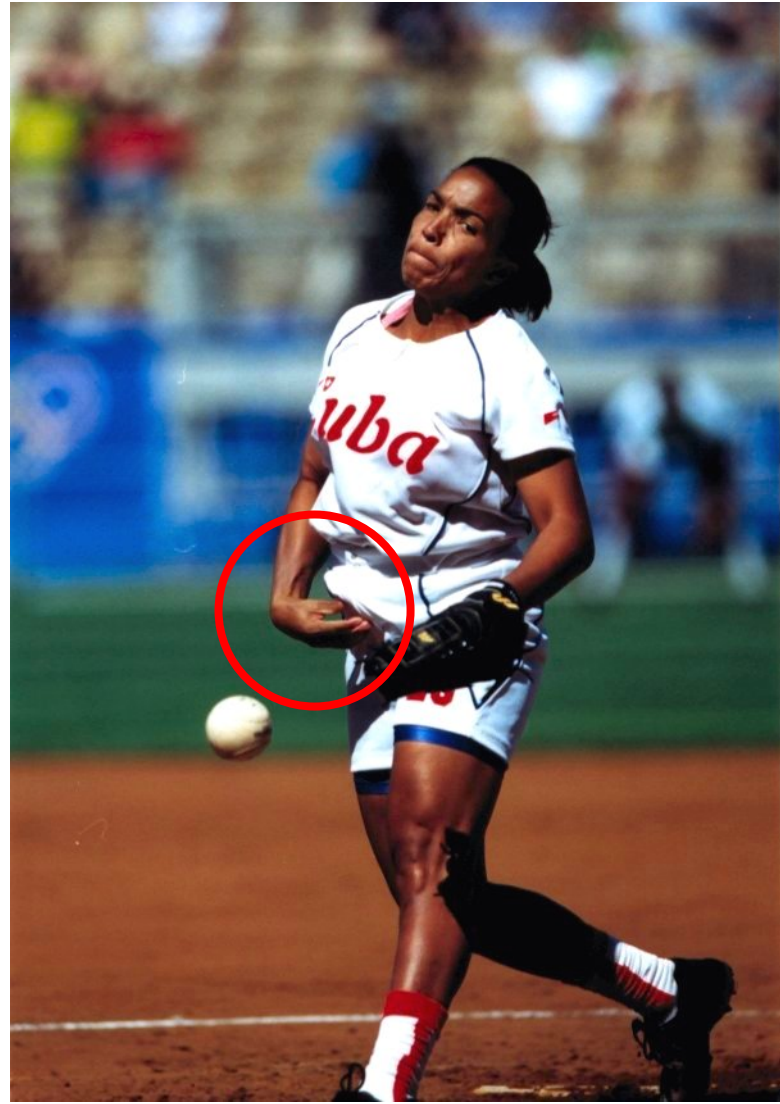
DROP

	PROBLEM	REASON	CORRECTION
1.	TOO HIGH	Release zone is too long	<ul style="list-style-type: none">■ Release the ball within the width of your leg
2.	TOO HIGH	Elbow bends at release	<ul style="list-style-type: none">■ Throwright
3.	TOO HIGH	Shoulder rolls at release vs wrist snapping	<ul style="list-style-type: none">■ Snap downs■ Back snaps■ Foam balls
4.	TOO HIGH	Grip too tight	<ul style="list-style-type: none">■ Relax and loosen grip
5.	TOO HIGH	Ball too deep in your hand	<ul style="list-style-type: none">■ Relax grip■ Be aware of grip tension especially under pressure
6.	TOO HIGH	Release is too late and too high	<ul style="list-style-type: none">■ Shorten stride slightly■ Release ball as stride foot hits
7.	TOO HIGH	Target is too high	<ul style="list-style-type: none">■ Visually aim at something lower – catcher's feet, the plate, in front of plate.

DROP, continued

	PROBLEM	REASON	CORRECTION
8.	TOO LOW	Trying to throw too fast	<ul style="list-style-type: none">■ throw at about 75%■ more SPIN than speed
9.	TOO LOW	Visually target is too low	<ul style="list-style-type: none">■ Aim at something higher – feet, knees, top of glove...
10	TOO LOW	Wrist snap is too aggressive	<ul style="list-style-type: none">■ slightly raise visual target

RISE



RISE

	PROBLEM	REASON	CORRECTION
1.	NO BREAK	Not getting the correct spin or if	<ul style="list-style-type: none">■ Chalkboard drill■ Football Drill■ Backwards spin drill
2.	NO BREAK	Too much elbow at release	<ul style="list-style-type: none">■ Door knob drill■ Spinners
3.	TOO HIGH	Bending back instead of into the release	<ul style="list-style-type: none">■ One knee drill
4.	TOO HIGH	Throwing the ball up first instead of out	<ul style="list-style-type: none">■ Net Drill
5.	SIDEWAYS SPIN	Turning palm toward catcher at release instead of leading with the little finger	<ul style="list-style-type: none">■ Football drill■ Spinner Drill
6.	SIDEWAYS SPIN	Hand not under ball at release due to hips shutting too soon	<ul style="list-style-type: none">■ Eliminate the hips and follow-through■ hand not hips

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CHANGE UP

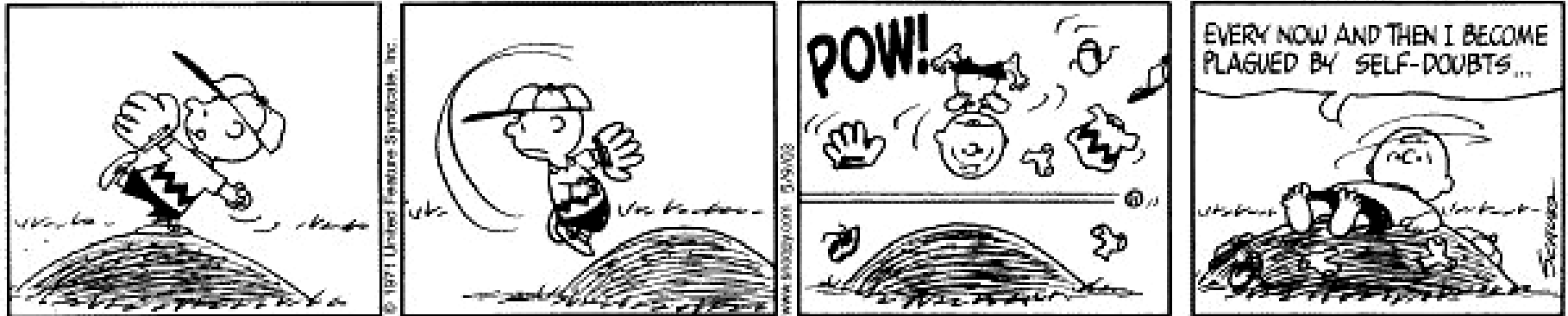
PROBLEM	REASON	CORRECTION
TOO HIGH	<p><i>Not getting the correct spin or if:</i></p> <ul style="list-style-type: none">■ Follow through is too high■ Release at the hip instead of out in front of the leg <p><i>Back of the Hand:</i></p> <ul style="list-style-type: none">■ Turn the thumb to face down at the release	<ul style="list-style-type: none">■ Keep the hand even with target on the follow through (instead of floating too high)■ Foam Ball Drill
TOO FAST	<p><i>Stiff Wrist Change-up:</i></p> <ul style="list-style-type: none">■ Hand is too relaxed at release point creating too much hand speed <p><i>Back of Hand;</i></p> <ul style="list-style-type: none">■ Hand is turning over too late in the motion	<ul style="list-style-type: none">■ Foam Pop Drill■ Alternating speeds drill■ Turn at top of circle

BASICALLY AWFUL	Never practices it	<ul style="list-style-type: none">■ PRACTICE!■ Make one day's workout CHANGE-UP DAY ... nothing but Change-ups.
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CURVE

	PROBLEM	REASON	CORRECTION
1.	NO BREAK	Flipping elbow away from the side (snap the thumb at the target)	<ul style="list-style-type: none">■ Foam ball drill
2.	NO BREAK	Hand is staying in-line with the target on release point (instead of crossing the body to the opposite side hip)	<ul style="list-style-type: none">■ Door knob drill■ Spinners
3.	TOO HIGH	Bending back instead of into the release	<ul style="list-style-type: none">■ One knee drill
4.	TOO HIGH	Throwing the ball up first instead of out	<ul style="list-style-type: none">■ Net Drill
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6.	SIDEWAYS SPIN	Hand not under ball at release due to hips shutting too soon	<ul style="list-style-type: none">■ Eliminate the hips and follow-through■ hand not hips

And then, sometimes the biggest problem
isn't physical...



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