

## Orono Pitching Program

**Objective:** We expect our pitchers to be prepared to show up everyday ready to compete. This competitive attitude will give our team a chance to win. We will stress mechanical, psychological, and physical development. The pitchers will be placed in an environment that stresses repetitious drills that will be monitored by the coaches.

### Pitcher's Individual Responsibilities

1. Strength Training and Conditioning
2. Mechanics and Pitch Control
3. Fielding and Throwing
4. Attitude and Knowledge of Baseball

### Pitching Skills

1. Hitting the target
2. Throwing quality strikes
3. Changing speeds
4. Maximizing velocity
5. Working fast

⇒ Hitting the target is the number one goal of a pitcher. This is one of the few areas a pitcher has complete control over. When the pitcher gets the ball where he wants it to go, it gives his team a much greater chance for success.

⇒ If a pitcher wants to be effective, he must be able to throw quality strikes. Pitchers who can throw quality strikes and throw low strikes in the zone increase their chances for success. Understand that 63% of balls hit are outs. If the pitcher throws strikes, his chances for success are much greater. The number goal of a pitcher is to throw strikes. Goal number two is throw low strikes and hit targets. We want to work the low part of the strike zone and the low outer part of the strike zone. Pitchers will be expected to be able to throw strikes to targets.

⇒ Hitting is timing. Pitchers who disrupt a hitter's timing will be successful. Changing speeds will create this disruption. Change-ups make fastballs look faster.

⇒ The ability to generate velocity creates a situation that will give the hitter less time to react to a pitch. This proves the fact that the most important pitch in baseball is the fastball.

⇒ Work fast to get the hitter out of his rhythm. When the hitter is working at the pitcher's pace, this creates an uncomfortable feeling for the hitter. *Working fast is not quick pitching.* Pitchers should develop a system that works fast, but is comfortable for that individual pitcher. Mixing up the signs and keeping the hitter guessing creates a more successful situation for the pitcher. Let the hitter get set in the box, but have the pitcher put pressure on the hitter to get into the box rapidly. Working fast will also help the pitcher with the umpire. Umpires appreciate this and because they like fast games, you have a greater chance for a favorable strike zone.

## The Pitching Plan

Our plan is to get hitters out in as few pitches as possible. This plan has basic principles for all the pitchers in the Orono Program. Each individual pitcher will adjust the plan to fit his abilities. The Pitching Plan will help each pitcher to better communicate with the coaches.

- ◆ **Strikes early in the count.** To be effective, our pitchers must throw strikes early in the count. Our goal is to throw a strike in the first or second pitch. We do not force first pitch strikes as it places too much pressure on the pitchers. By stressing strikes early, the pitchers can mix up pitches. We expect our pitchers to throw their highest percentage strike pitch when needed.
- ◆ **The 1-1 pitch.** This is the most important pitch in baseball. The difference in the BA between a 2-1 pitch (290) and a 1-2 pitch (180) is 110 points. The pitcher must pay special attention to the location and type of strike he will throw in the 1-1 situation. We stress playing baseball one pitch at a time. The offensive productivity drastically decreases when the pitcher throws two strikes out of his first three pitches. This is where mental toughness and an ability to compete is imperative!
- ◆ **Boxing and tilting.** Boxing can be used on any count based on the ability of the pitcher. Boxing is throwing a strike over the middle of the plate for a strike. Tilting is the ability to 'tilt' pitches in succession. Throw a pitch up and in and then throw the next pitch down and away. Making a hitter conscious of the fastball up and in on the hands and then coming back with a pitch down and away increases the size of the plate. Many times hitters give up on this outer 1/3 pitch. Reversing this technique will keep the hitters from seeing a pattern.
- ◆ **Doubling.** This technique is used to keep the hitter from anticipating a tilting pattern. The pitcher needs to get the hitter moving his feet. Throwing two pitches in a row the same, up and in on the hands, and coming back with an away curve ball will increase the pitcher's chance for success. This is very effective for the pitcher who throws the 12-6, down angle, curve ball.
- ◆ **The 0-2 and 2-0 pitch.** When behind in the count, throw your best strike pitch. Throw your highest percentage strike for a strike. Over time the pitcher will be able to go from boxing to a half-box. Half-boxing is using the outside half or inside half of the plate. At 0-1, a half-box pitch is great as this will develop the pitcher's confidence and mental toughness.
- ◆ **One pitch put away.** This is the two strike pitch that the pitcher will use to put the hitter away. Fastballs thrown up in the chase zone, breaking pitches down and away will set the hitter up for failure. Throw the 2-2 pitch as if it was a 3-2 pitch. Do not try to fool the hitter. A ground ball is as good as a strikeout. Trying to fool the hitter will get the pitcher at 3-2 most times and a loss of confidence on the mound.
- ◆ **Pitch counts.** We want to get the hitter out in as few pitches as possible. Our goal is to get the hitter out in four or less pitches. After 16 pitches in an inning, control becomes a factor. Hitters fail seven out of ten times. This means that strikes, even low quality strikes, will get hitters out.

## **Pitchers and Catchers**

Signs will be given by the coach. Shake offs will not be allowed. Catcher, pitcher and coach will talk between innings. Game plan will be put in place from bullpen. Some days certain pitches may not be working and as a group certain decisions will be made.

### **Catchers**

Catchers will be giving the signs to the pitcher. We will use at least two signs every pitch. This is to ensure that the opponent does not steal signs.

### **Location, Location, Location**

Location of pitches is vital for the success of the pitchers and the team. Pitchers must be able to hit spots with every pitch. We expect all of our pitchers to master the pitches that will be thrown in games. Pitchers will be expected to throw all of their pitches for strikes. If a pitcher is struggling with a pitch, bullpens will be utilized to focus on pitch improvement. We never want a pitcher going into a game with a lack of confidence in a pitch. All pitchers in our program are expected to be able to tilt (up and in / down and away), double up (same pitch twice), and utilize a put away pitch. Every pitch has a purpose and it is critical for our pitchers to have a plan and to throw to spots.

### **Pitchers**

Pitchers not in the game or not pitching must be ready at all times! We expect pitchers to learn from what is seen during opponent at bats. This will provide an opportunity for our pitchers to get an idea of how to throw to certain hitters. It also is a chance for collaboration with the coaches and teammates. Being ready also means to be loose and, both, mentally/physically prepared.

## **Pitching Mechanics**

### **6 Steps to Throwing Strikes**

#### **Key thoughts:**

- Every pitcher is different, but have core fundamentals to follow.  
Solid balance point, closed front side, full extension and strong finish
- Why are mechanics important?  
Better location, command, velocity, and limits the chance of arm injuries
- Will strive to create a downhill plane with proper pitching mechanics
- We want to put our pitchers in a position to allow them to do the same thing every day
- Arms get better and stronger by throwing

#### **1. Stance**

- a. Square to target – quarter turn if choosing (most comfortable)
- b. Glove is North/South – block grips, spread fingers
- c. Breathing
- d. Arm side of rubber is ideal not mandatory (must be confident, comfortable, know style)

#### **2. Rocker Step**

- a. Replace heel with toe – RHP at 8 o'clock, LHP at 4 o'clock
- b. Weight must be centered over rubber
- c. Timing devise to get motion started
- d. If hands go above head, use button on top of hat as guide

#### **3. Pivot**

- a. Foot turns into rubber – not on top or part of rubber
- b. Foot should be flat and heel very slightly higher for balance and arm care (if not flat)

#### **4. Balance**

- a. Leg lift to waist or slightly higher – must be balanced, under control
- b. Lift leg with quadriceps muscles
- c. Lift stride leg knee toward back shoulder/belly button – balance and proper position
- d. Foot stays below the knee – foot must be relaxed (pointed down, slightly closed)

#### **5. Separation/Approach**

- a. Hands break (separate) over the rubber – keeps weight back
- b. Break (separation) must happen before approach (stride)
- c. Front side direction to target – point front shoulder and elbow to target as long as possible
- d. Head is level and eyes on target (eyes start on target, leave target and focus back on target)
- e. Front side must be closed (ankle, knee, hip, shoulder)
- f. Rotate back heel as first movement after stride
- g. Work back to front – glove turns over and take chest to glove
- h. Lead Arm
  - i. Gets away from body
  - ii. Front elbow helps with extension
  - iii. Gets to goal post position
- i. Arm Swing
  - i. Down – back – up
  - ii. LHP shows ball to 2B and RHP shows ball to SS
  - iii. **Arm swing must be complete when the stride foot hits the ground**

## Separation/Approach (cont.)

- a. Stride
  - i. Stride foot begins down before going out (down and out)
  - ii. Stride leads with back of heel, back of knee, and hip
  - iii. Nose must stay over midline
  - iv. Must be under control and strong (don't be slow) – be quick to landing
  - v. **Rotate back heel as first movement after stride**
  - vi. On landing, throwing hand must be at highest point
  - vii. Stride foot lands slightly closed with a flexed front leg (Land on ball of foot)
  - viii. Powerful back side = 80% weight on back side when stride foot lands (balance over backside)
  - ix. Toe to Toe Alignment

## 6. Release/Follow Through/Extension

- a. Take chest out to meet glove – glove will come back to body
- b. Quiet head and eyes stay focused target-location
- c. Throw back shoulder through target
- d. Throwing hand finishes outside stride knee
- e. Take chest out over front leg
- f. Back parallel to ground after follow through
- g. Back heel to sky
- h. Have eyes and nose follow ball through location

## Pitching Out of the Stretch

Pitching out of the windup and stretch are virtually the same thing, except that when a pitcher pitches out of the stretch, he is starting at the pivot in the pitching sequence. We will teach the **knee-to-knee** action. We prefer this move over the **slide** step. Reasoning for this is because pitchers (especially youth and high school) rush the mechanics and end up getting the body too far ahead of the arm. The result is poor mechanics, undue stress on the arm, and poor location of pitches. The **knee-to-knee** action will keep the pitcher loaded on the backside and still be quick to the plate. **In the stretch, it is imperative that the pitcher separate the hands BEFORE the leg lift.** The glide is the same as if the pitcher was throwing from the windup. Many RHP will start with their feet slightly closed. This will make the pitcher more efficient going to the plate. This may hinder the move to 1B, but our ultimate goal is to get the hitter out or hit into a double play. The **knee-to-knee** action will give a LHP a better move to 1B and not change anything about the mechanics used in the windup.

## Controlling the Running Game

Once the running situations are identified, we will control the opponents running game / short game with specific pick situations. The following situations will be part of our pitchers arsenal to help increase his chances for success.

1. Long Hold and Step Off – count to 5/1000
2. Step Offs -- quick step off back of rubber and look at base (runner)
3. Hold until time is called -- keep checking runner (be slow; never break)
4. Long Hold and Pitch -- 4-5 looks and go
5. Quick Set and Pitch -- 1 look at runner and go; make sure to come to complete set
6. Use multiple picks at same base – pick 2-3 times in a row
7. Backdoor picks – fake at base with lead runner and pick at next base (3-2)
8. Always pick on 3-2 count

### Picks to 1B

- Pitchers must have a setup move, good move, and a great move
- look to pick when runner is walking off, crossing feet, or least expects pick
- short arm action is to be used; use wrist and forearm
- jump low and pivot quick, gain ground to first
- LHP must know the 45 degree move and square shoulder teachings

### Picks to 2B

- Pitcher, shortstop, and second baseman must know the game situation and who is covering the base
- when runner is walking off or moving to 3B, keep eyes on runner
- short leads or no momentum to 3B, go home with pitch (*may be setup to steal*)
- we will teach both the reverse pivot and the inside move
  - reverse pivot – step off and throw to base; timing is critical (daylight pick)
  - pushdown – we will use 2 methods
    1. down and back – this will most certainly fool the runner; same motion as going home, but as leg goes down move it back to 2B
    2. fake – use to keep runner close or not comfortable with situation; great setup to down and back

### Picks to 3B

- Third baseman will not be holding runner on; communication is critical
- Pitcher must learn tendencies of runners as game goes on; charts and dugout
- we will use the windup pick
  - signal from Pitcher and Third baseman must acknowledge
- fake move to 3B and backdoor move to 2B and 1B will create shorter leads and using this on the 3-2 count will shorten leads and increase defenses chances of double plays
- Third baseman will give sign for direct pick

### Pitchout and Modified Pitchout

- the pitch must be a controlled fastball (4-seam)
- pitchout must be far enough off the plate so the hitter cannot reach it with the bat
- modified pitchouts are used when expect the runner to be going but do not want to show the regular pitchout; great to use on undisciplined teams to get hitter and runner

## Defensive Responsibilities

### **Comebackers (play at 1B)**

- if the ball is a hard hit ball, Pitcher must first field and then jog to 1B and dart throw ball when first baseman signals
- toward the right side, keep hands together and shuffle feet until first baseman gives signal
- if the ball is stationary; pick up the ball from the top → push ball into the ground and straddle the ball with the feet
- when possible, field the ball with the pivot foot perpendicular to target

### **1-6-3/1-4-3**

- keep hands together until ready to throw the ball
- to SS → lead SS to base
- to 2B → straight to base, 2B needs to be on base and give glove pocket

### **Pop-Flies**

- always point and communicate with defense
- go after any you can get until called off by defensive player
- cover the open base!!!!

### **Covering 1B**

- break to cover first base on **EVERY** ball hit to the right side of the infield
- angel to the base and run up the line, if pitcher gets there early stop on base and give target
- always say “Ball, Ball, Ball” when ready for the ball and give target
- cover first base on every 3-6-1 play

### **Bunts**

- use the glove touch technique, if ball is still plant back leg push down on ball and throw
- keep hands together and shuffle feet when needed

### **Rundowns**

- follow on picks except at 2B, go to 3b on this play
- always pick the base with the fewest players when situation arises

### **Covering Home**

- direct the catcher to the ball → first, third, feet, front, back
- point as well as verbal communication
- avoid a collision at home with runner
- sell the tag → goes straight down and immediately show to umpire, BE READY FOR ANOTHER PLAY

### **Backing Up Bases**

- always be aware of the situation before the pitch
- don't over hustle and tire yourself out, get there immediately and read play
- stay deep and have base/plate in line with throw and positioning
- No runner on base → back up throw to infield
- Runner on 1B → go to back up third
- Runner on 2B → anticipate throw and location of ball (think home, but anticipate)
- Runner on 3B → read play and situation (fake catch, deek play, bad read by runner)
- **back up 1B when no runners on base**

## **Defensive Drills**

### **Multi Pick Drill**

This drill is an everyday drill for our program. We will use 4 pitchers and have them work on picks to each base, fielding bunts, and covering home on passed ball.

### **Covering 1B (43 Ball)**

Balls will be hit to the right side of the infield and pitcher will cover first. Players to use are pitcher, first baseman, and second baseman. Have both 1B and 2B field ball and make play to pitcher. Pitcher must communicate “Ball, Ball, Ball, Ball” and give target.

### **1-6-3/1-4-3**

Communicate before pitch. Lead SS to base and throw at base to second baseman when he gets there. Keep hands together and shuffle the feet. Make sure of target and communication!

### **Backing Up Bases**

Great drill to use. Remove the infielders and have OF throw to bases. Pitchers must be backing up base and inline to field ball. When using fielders, have them intentionally miss the ball to make sure pitcher is ready!

### **Covering Home**

Make sure to communicate catcher to ball. Sell tag once ball is caught. Use back play with extra runners so pitcher is not too caught up in one play.

### **Bunts, Slow Rollers, Line Drives**

Goal number one of drill is for pitcher to not get hurt!! No excuse for pitcher to get hurt by ball hit too hard. Use softies if have to. The key is to simulate game situations. It is imperative to stress proper foot work and hand mechanics with the drill.

### **Pitchouts and Modified Pitchouts**

Can be used with multi pick drill. Imperative for pitcher to be confident and under control so it benefits the team.

## **Pre-Game Routine and Warm-Up**

Begins approximately 30 minutes before the game starts. The following routine will be adjusted to the individual needs of the pitcher.

### **Run, Stretch, Warm-Up**

**10 minutes**

Poles, stretch, and cans/dumbbell for warming the arm up.  
Light medicine ball warm-up for core and legs is a great start.

### **Abbreviated throwing warm-up**

**5 minutes**

Follow the same progression we usually follow, just make sure to abbreviate the number of throws

### **Bullpen**

**12 minutes**

Start on the mound with the catcher closer to the mound and have the catcher move back. Towels are great to start with mechanics. Work out of the stretch for most pitches, but the P will need to work full windups into the program at personal or coaches discretion. Make this personal so the pitcher is comfortable. Coach needs to be present to make sure pitcher is working on pitches and they can coordinate plan.

### **Water, Rest, and PAS Statements**

**5 minutes**

Cover arm, get a drink of water, and visualize your outing for the day. Everything must be positive.

## **Pitching Drills**

### **Dry Mechanics**

*Have eyes open for first set, eyes closed for second set. Use towels and have players hold baseball. Each Phase should be done with 5-8 reps for one set and then again with eyes closed for second set.*

#### Sequence (5-8 reps)

Stance, Rocker Step  
Rocker Step to Pivot  
Pivot to Balance  
Pivot Balance Break  
Balance Break Land  
Balance Break Land Finish  
Land Finish  
Full Motion  
Stretch and Deliver  
Slide Steps

#### Notes

Balance, short step, head over back knee  
Balance, eyes,  
Leg lift, achieve balance  
Hands must separate palm down,  
Heel leads, land on ball of foot not heel (add block)  
Finish toe to toe, chest out front, glove field pos.  
Flat back, eyes, back leg finished high  
All together (make sure to do with eyes closed)  
Feet separated, break before forward movement  
Break early

### **Towel Drills** – great way to work mechanics without putting stress on the arm

When using a chair have player hit seat and not top of chair. Stresses longer extension. When using a partner, have partner use glove, take a knee, and hold glove at chest height.

## **Balance Drills**

To develop kinesthetic feel, have players do drills with eyes open and again with eyes closed. Finish with eyes opened.

Balance Disks – Power System Balance Disks

Balance Beams – 2 x 4 wood is used (make a T if desired)

K-Board – wood board used

Bosu Balls, Balance Boards, and Foam Pads

Chair Drill – start in balance position and lift leg to feel balance position (2 ft. in front of pivot foot) From this position, the pitcher will get to balance point, separate hands, and throw to target.

Balance Drill – get to balance position and have a coach/teammate toss a ball to pitcher. Once balance is achieved, the pitcher will catch ball in throwing hand and without going back to glove, will complete throwing sequence.

Cross-Over Drill – this drill starts with the lead foot behind the pivot foot. From this position, the pitcher will lift his stride leg into balance position and hold for 2 sec. count

Wall Drill – pitcher will work to balance point and release ball backwards to partner. RHP should have ball go to second base side of 2B and LHP should have ball go to shortstop side of 2B

## **Direction Drills**

Wood blocks – teaches the down and out for direction. Will help to correct gate swingers.

Tape and lines – ball of pivot foot (arch) is on line and pitcher has stride foot land on line slightly closed

Reach Drill – coach stands behind pitcher and has pitcher reach back to get ball once in balance pos. Gives the pitcher a feeling of staying back. Pitcher must keep fingers on top of ball. (use a tee if by self.)

Direction/Stride-Out Drill – Pitcher gets into the stride out position when front foot hits the ground (key points to emphasize; back foot is in proper pivot position, front foot is in line with target and slightly closed, shoulders parallel, front elbow at shoulder height, hand on top of ball in proper throwing position, weight of upper body sitting back over back knee (head over back knee). Stride out position will be slightly shorter than regular stride (key is to make sure chest can get out over front knee)

Balance Beam – incorporates balance and direction. Make sure stride foot is on balance beam and the pitcher is balanced on throw. Use a chair and towel and this will incorporate balance, direction, and extension into the drill.

Back-of-Mound Drill – Get into stride-out position with front foot on upslope of mound. Pivot foot is on flat ground. Teaches feeling of staying back and controlling the weight shift to target when throwing. Stress the same mechanics as in the Direction/Stride-Out Drill.

## **Extension Drills**

### **Balance Beam and Towel**

*Back-of-Mound Drill*

*Aggressive Through Drill - hitting plate with FB or target with FB*

## ***Pens***

### **Spartan Pens**

Different bullpens for pitchers to throw. These are supervised and have two pitchers and a catcher. It has worked to have a batter (glove) and charter/runner. Be creative with a purpose and make personal.

### **Flat Ground Pen**

Stresses follow through, grips, and location. Great drills to use to take pressure off arm and to allow pitchers to throw.

### **Short and Long Pens**

Stresses the importance of location and feel. Short pens have worked for us to work on location (down/away-up/in). Longer pens have helped us to stay on the pitch longer/ grips for change.

30-45-50 feet are the distances to work with the pitchers. Make sure the arm speed does not shorten up for the pitchers to aim the ball.

### **Glove Side Down Pens**

Stresses the importance of staying on the pitch and following through. Work at 45-50 feet.

## **Other Drills that We Utilize**

### **Softball**

Great way to work on feel, teaches the importance of the "pulldown."

Great to use for grips of other pitches (breaking ball, changeup, 4 and 2 seam pitch)

**Targets** (screens, tarps, cones), Heavy Ball, Use of Dummies for Pens, Charting with Scout Program

**Whiffle Balls for arm speed** – throw into net to stress the overload/underload principle

**Heavy ball breaking ball drill** – only use 1-2 oz. heavier to get feel of throwing the breaking ball

## Mechanical Troubleshooting for Pitchers

*This information is used to help cure problems and give the coach a starting point at correcting the problem. Most mechanical problems are inter-related. By identifying one problem and making the necessary adjustments, the rest usually take care of themselves.*

### Fastball

#### High

Rushing through balance point	Body in front of ball	Locking front leg
Leaving arm behind	Leaning back	Overstriding
Explosion at separation ball	Stepping across body	Hand comes under
Front shoulder fly	Dropping elbow	Stiff arm and wrist

#### Low

Arm coming forward before front foot hits	Rolling over ball
Under striding	Squeezing ball
Cutting arm action short (lack of extension)	Fear of throwing a strike to hitter

#### In

Looking at hitter	Front shoulder fly
Weight going that way/stepping across yourself	Late arm
Locked out hips	

#### Out

Weight going that way  
Dropping arm angle down and slinging across the front  
Front shoulder and leg opening up together  
Fear of throwing a strike

### Off-Speed and Breaking Balls

#### High

Trying to make the ball go down with the head and front shoulder  
Elbow coming in to body  
Hand under ball  
Low elbow  
Releasing on upward plane  
Stiff arm and wrist

#### Low

Squeezing ball	Lack of arm speed	Lack of extension
Elbow comes down and in front of body	Arm forward before foot hits	

#### In

Front shoulder fly/leaving arm out	Hand under ball
Not throwing at glove	Stepping across body

#### Out

Elbow down and across body	Squeezing ball
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<b>HITTER'S SWING CHARACTERISTIC</b>	<b>PITCHER'S APPROACH</b>
<b>Upper cutter (lift to swing)</b>	<ul style="list-style-type: none"> <li>• Fast balls up</li> <li>• Balls down below the solid contact zone and within chase zone</li> <li>• Away</li> </ul>
<b>Extreme down arc (chop swing)</b>	<ul style="list-style-type: none"> <li>• Down</li> <li>• Off speed</li> </ul>
<b>Slow bat</b>	<ul style="list-style-type: none"> <li>• Hard inside</li> </ul>
<b>Pulling out (strides away from the plate) or (opens front shoulder and hip prematurely)</b>	<ul style="list-style-type: none"> <li>• Away, especially off speed pitches</li> </ul>
<b>Over swinging</b>	<ul style="list-style-type: none"> <li>• Off speed, balls in the chase zone</li> </ul>
<b>Dives into the plate (strides towards the plate)</b>	<ul style="list-style-type: none"> <li>• Hard inside</li> <li>• Off speed away and play opposite</li> </ul>
<b>Pulls head before contact</b>	<ul style="list-style-type: none"> <li>• Away, especially with off speed pitches</li> </ul>
<b>Commits weight to front foot on stride</b>	<ul style="list-style-type: none"> <li>• Off speed pitches</li> <li>• Fast balls up</li> </ul>
<b>Long swing (sweeps bat)</b>	<ul style="list-style-type: none"> <li>• Hard in on the hands</li> </ul>
<b>Inside out swing</b>	<ul style="list-style-type: none"> <li>• Down and in</li> <li>• Pitch away and play opposite</li> </ul>
<b>Takes a lot of pitches</b>	<ul style="list-style-type: none"> <li>• Throw strikes</li> </ul>
<b>Free swinger with undisciplined strike zone</b>	<ul style="list-style-type: none"> <li>• Off speed in chase zone</li> <li>• Fast balls in chase zone</li> </ul>
<b>Pull hitter</b>	<ul style="list-style-type: none"> <li>• Fast balls in off the plate</li> <li>• Off speed pitches away</li> </ul>
<b>Opposite field hitter</b>	<ul style="list-style-type: none"> <li>• Hard in</li> <li>• Away and play opposite</li> </ul>
<b>Flat bat</b>	<ul style="list-style-type: none"> <li>• Down</li> </ul>
<b>High hands and/or high back elbow</b>	<ul style="list-style-type: none"> <li>• Hard inside, especially up</li> </ul>
<b>Deep crouch</b>	<ul style="list-style-type: none"> <li>• Up</li> </ul>
<b>Upright with stiff legs</b>	<ul style="list-style-type: none"> <li>• Down</li> </ul>
<b>Bat wrapped behind head</b>	<ul style="list-style-type: none"> <li>• Hard inside</li> <li>• Breaking balls away</li> </ul>
<b>Close to the plate</b>	<ul style="list-style-type: none"> <li>• Fast balls inside</li> <li>• Away if this hitter has bat speed (dependent on first move action after pitch)</li> </ul>
<b>Off of the plate</b>	<ul style="list-style-type: none"> <li>• Away if the hitter does not dive into the plate with the stride - play opposite</li> <li>• Inside if the hitter shows a slow bat</li> </ul>
<b>Hands close to the body (back elbow not visible to the pitcher)</b>	<ul style="list-style-type: none"> <li>• Jam</li> </ul>
<b>Open stance</b>	<ul style="list-style-type: none"> <li>• Away if he strides away from the plate</li> <li>• Inside if he strides towards the plate (distance from the plate also is a factor)</li> </ul>
<b>Closed stance</b>	<ul style="list-style-type: none"> <li>• Away if he strides away from the plate</li> <li>• Inside if he strides towards the plate (distance from the plate also is a factor)</li> </ul>
<b>Hands way away from the body</b>	<ul style="list-style-type: none"> <li>• Jam</li> </ul>
<b>Narrow based stance (feet close together)</b>	<ul style="list-style-type: none"> <li>• Off speed</li> <li>• Fast balls up</li> </ul>

