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HOW TO COACH YOUR PITCHING STAFF



Hi! I'm Coach Dana



- Armada, MI
- Coaching since 2015
- Experience:
 - Previous High School & Travel Coach
 - Current Private Pitching Coach
- My Journey and Training

Overview



- **Intentional Bullpens**
- **Calling Pitches**
- **Picking your Pitcher (for the game)**
- **Do(s) and Don't(s)- "Dana Advice"**

Intentional Bullpens

Practice Bullpens



- **Finding your Pitchers' Strengths**
- **Challenging Endurance**
- **Facing Pressure**
- **Training Precision**
- **Troubleshooting**
- **Tunneling Movement**
- **Commanding your Arsenal**
- **Visualizing Situations and Results**



Intentional Bullpens

Pre-Game Bullpens

Warm Up Fastball--> Complete X-Spot

Warm Up Change Up--> Mix with Fastball

Warm up other pitches with the 3:1 ratio

Fake Batter

Pitchers should leave with an understanding of:

- **What adjustments helped**
 - **Verbal or Physical**
- **3-2 pitch and 0-0 pitch**
- **Least successful/confident pitch of the day**

Calling Pitches

The art of playing to your pitchers strengths and a batter's weakness.



- **Pitcher's Bullpen Feedback**
- **Playing Opposites**
- **Read the Batter**
- **Where are we in the Line-Up**
- **Behind in the Count= "What pitch can she confidently and consistently throw for a strike?"**
- **Ahead of the Count= "What pitch can she: (beginner) throw on a corner OR (advanced with movement) make look like a strike and land as a ball"**

How to Pick Your Pitcher



Who:

- **Handles Pressure the Best**
- **Moves the Ball More**
- **Throw it More by Them**
- **Keeps it More in the Infield**
- **Is a Better Closer/Starter**

Dana's Advice



Do('s)

- **Live Reps at Practice**
- **Communicate with the Pitching Coach**
- **Non-Pulling Mound Visits**
- **Celebrate the Little Wins**
- **Pre-and Post “Pull” Conversations**
- **Watch their Pre-Game Bullpen**

Dana's Advice



Don't(s)

- **Overcorrect in Competition**
- **Overfocus on Speed**
- **Minimizing Statements**
- **Neglect Arm Care/ Proper Warm-Up & Cool-Down**
- **Make Promises You Can't Keep**

Thank You!



CONNECT WITH US

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