

COUGAR BASEBALL – PITCHERS – DAILY TENS

We will control the running game as a staff. In order to be competent at controlling the running game and to be able to consistently execute all the picks around the diamond we must practice these fundamentals on a daily basis.

1. **Holds** – Come set and count three full seconds in a normal pitching pattern. We want our pitchers to become comfortable varying their times to the plate. Getting comfortable in holding for three seconds before pitching enables us to disturb a baserunner's timing. We will **Hold to Time Out, Hold & Pick, and Hold & Pitch** in this drill sequence.
2. **Controlled Step-Off** – Work on a controlled step-off two or three seconds into the normal pitching pattern. Be quick but in control. Many big league clubs have concluded it is more effective to simply step-off and put doubt in the runner's mind than it is to actually continue to throw over. LHP work on step-off pick as well as step-off fake.
3. **Slide Step** – Must be comfortable in performing the slide step and must be able to throw strikes. If you can master the slide step, you will go a long way in controlling the baserunner. 1.3 seconds or quicker. Regular slide step mechanics or bounce hands mechanics.
4. **Good Move / Great Move** – Work on your pick move to first base. The first move will be a real good move to first, but with a long arm action of the throwing motion. This move is followed by a great move, which uses the same footwork as the good move, but utilizes a short arm action. By using the good move / great move in succession, the baserunner will think the good move is your best move, and thus when you shorten the arm up, you'll gain several inches on the baserunner in regards to his timing. A balk shall never be called when executing a Good Move!!!
5. **Pick from Signs** – Work on taking sign from catcher and pick over prior to coming set. Vary your spots where you pick so as to create doubt in baserunner's head. LHP work step-off pick from signs.
6. **Inside Move to 2b** – Work on maintaining similar tempo and body angle in your leg lift, then spin around towards 2b. Occasionally this move will catch the runner napping, but mainly it is utilized to keep them honest at 2b, especially teams who like to walk into their lead and timing when stealing 3b. We will use the move to determine if something is going on with the hitter if a runner is at 2b with nobody out.
7. **Spin Move to 2b** – Use this move when the SS or 2b flash their glove during a pick, or if a timing play is called from the dugout. Practice varying your looks to 2b and the plate, as our middle infield may call a pick after so many looks. There is no excuse why you should not be comfortable doing this move. Once again it will go a long way in controlling teams who like to steal 3b. Must use a short arm action to have a chance. A throw is not required.
8. **Fake to 3b / Pick to 1b** – The idea here is to deceive the runner at 1b, thus your pick to 3b must look as much like a throw to the plate as possible. Good leg lift balance and tempo are the key to maintaining deception from the 1b side. The quick step and turn will not be as effective in deceiving the runner at 1b. **LHP will work on the leave early play – step off, check runner at 3b, throw or full arm fake to 2b.**
9. **Pitch Outs** – It is imperative that we execute this fundamental. It is often ignored in the daily practice plan until a failed pitch out results in a positive for the opponent. We will work on this from week one and execute when called upon.
10. **Pitch Ups** – Similar to a pitch out, but chest to shoulder high over the plate with a hitter. We will use this skill in an effort to entice the hitter into a swing, while at the same time giving the catcher a pitch they can handle if the runner is going. We will use this pitch a lot in bunt situations, so execution is critical.