**Balls and Strikes**

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1. **Long Toss**
2. **Weighted Balls**
3. **PFP**
4. **Pitchers in the Weight Room**
5. **Pre Throwing Arm Prep**
6. **Velocity Development**
7. **Rapsodo and Technology**
8. **Post Pitching Recovery**
9. **Plyo Ball Use for Arm Care**
10. **Running for Pitchers**
11. **First Pitch Strikes**
12. **Pitch Calling – Who should do it?**
13. **Using Video**
14. **Mechanics**
15. **What are Bullpens for?**
16. **Pitch Counts**
17. **Most Important Factor in Recruiting a Pitcher**
18. **Managing a Two Way Player**
19. **Ride the Starters or Use the Bullpen**
20. **Most Important Job of Pitching Coach**