

Phase One – Understanding

Understanding high-level pitching mechanics

(and how to begin developing a powerful delivery)



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BetterPitching

Understanding and Building Awareness

- The 5 Power Moves Videos

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- The Amateur Pitcher Videos

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- Start developing a feel for these movements

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 - Mirror Work
 - Dry Work
 - Drill Work

Understanding the Key Drivers

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- There is no ONE perfect model
- What do high-level pitchers do the same (or similar)
- Freedom to develop your own style

Implementing... (starting the process)

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- Back to the Fitts and Posner Model:

Movements in Phase ONE tend to be slow and inconsistent

Pitcher has a mental image and is “feeling things out”

Implementing... (starting the process)

- Back to the Fitts and Posner Model:

Mirror Work and Dry Work are BIG in this phase...

Why?

Implementing... (starting the process)

- Benefit of Mirror Work and Dry Work

There is no FEAR of Failure

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There is no FEAR of Failure

Mirror provides instant visual feedback

Implementing... (starting the process)

- Throwing - Drill Work & Mound Work

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 - Attention to what he feels

Implementing... (starting the process)

- Throwing - Drill Work & Mound Work
 - Emphasis on moving well
 - Attention to what he feels
 - Less emphasis on control/accuracy

WHEN to Implement

- For “beginners” – those just learning to pitch
 - Already throw well, but new to pitching

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 - Already throw well, but new to pitching
 - Learning to create power and momentum from the mound
 - Not an “intro to throwing a baseball” program
 - But it IS “Early in the game” stuff

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- “Experienced” pitchers in need of a major change
 - A major inefficiency has been identified
 - Practice at or near full tempo not yielding results
 - Best reserved for the off-season or significant downtime
 - “Last Resort” – most of the time, better to stay in Phase 2 or 3

Phase ONE Wrap Up

- Early Learning Phase

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- Practice movements slowly at first
- Be Persistent, Be Patient...

Phase ONE Wrap Up

There's no magic timetable...

Might be a week, 2 weeks (or more)

Phase ONE Wrap Up

You don't have to be "perfect" here...

Work at it until things become fairly repeatable

Then you're ready to move on to Phase Two