

Phase THREE – Using Video

Tips for using video effectively in Phase THREE



Phil Rosengren
BetterPitching

Phase THREE – Using Video

Very Similar to Phase TWO...

Phase THREE – Using Video

Very Similar to Phase TWO...

- It's a Feedback Mechanism

Phase THREE – Using Video

Very Similar to Phase TWO...

- It's a Feedback Mechanism
- Tool in your toolbox

Phase THREE – Using Video

Very Similar to Phase TWO...

- It's a Feedback Mechanism
- Tool in your toolbox
- Monitor progress and check for “Red Flags”

Phase THREE – Using Video

Don't go LOOKING for Trouble

Phase THREE – Using Video

Don't go LOOKING for Trouble

- Identify/Eliminate timing issues or inefficiencies

Phase THREE – Using Video

Don't go LOOKING for Trouble

- Identify/Eliminate timing issues or inefficiencies
- Establish your own Keys/Checks

Phase THREE – Using Video

Don't go LOOKING for Trouble

- Identify/Eliminate timing issues or inefficiencies
- Establish your own Keys/Checks
- Key in on the BIG Drivers

Phase THREE – Using Video

Don't go LOOKING for Trouble

- Identify/Eliminate timing issues or inefficiencies
- Establish your own Keys/Checks
- Key in on the BIG Drivers...
 - Momentum, Tempo, Rhythm, Balance

Phase THREE – Using Video

How Often?

Phase THREE – Using Video

How Often?

- Not an “every time out there” thing

Phase THREE – Using Video

How Often?

- Not an “every time out there” thing
- Parent/Coach: monitor and share as needed

Phase THREE – Using Video

How Often?

- Not an “every time out there” thing
- Parent/Coach: monitor and share as needed
- Pitcher: avoid *obsessing* about your mechanics

Phase THREE – Using Video

How Often?

- Not an “every time out there” thing
- Parent/Coach: monitor and share as needed
- Pitcher: avoid *obsessing* about your mechanics
- BIG changes best saved for the off-season

Phase THREE – Using Video

The Role of The Formal Analysis...

Phase THREE – Using Video

The Role of The Formal Analysis...

- Identify an “Red Flags”

Phase THREE – Using Video

The Role of The Formal Analysis...

- Identify an “Red Flags”
- Get a deeper understanding of his delivery

Phase THREE – Using Video

The Role of The Formal Analysis...

- Identify an “Red Flags”
- Get a deeper understanding of his delivery
- The Pitcher should Take the Reins

Phase THREE – Using Video

The Role of The Formal Analysis...

- Identify an “Red Flags”
- Get a deeper understanding of his delivery
- The Pitcher should Take the Reins
 - He’s the one that needs to internalize it

Phase THREE – Using Video

Wrapping Up



Phil Rosengren
BetterPitching

Phase THREE – Using Video

Wrapping Up

- Taking quality video on the go has never been easier



Phil Rosengren
BetterPitching

Phase THREE – Using Video

Wrapping Up

- Taking quality video on the go has never been easier



Phil Rosengren
BetterPitching



Phase THREE – Using Video

Wrapping Up



Phil Rosengren
BetterPitching



Phase THREE – Using Video

YOU Can Do This...



Phil Rosengren
BetterPitching