

Pre-Pitch & Post Pitch Routine Action Guide

Pre-Pitch Routine

1. **Confidence Triggers.** Every pitch should start with a trigger that mentally and physically prepares you to execute a great pitch when you step on the pitcher's mound. Develop a mental thought and physical action that gets you in a confident mindset that you will do before every pitch. Don't make the pitch until you do.
2. **Focus.** There are 3 things you need to focus on. You must control your breathing, that's where choking in baseball literally comes from. Take a deep breathe, exhale and then make the pitch. Know the situation and count. So many times in the heat of battle we forget the count or how many outs. Stay focused on the game situation. Focus on the catcher, sounds simple enough, but you and the catcher need to be on the same page always.
3. **Aggressive.** You want to be an aggressive pitcher, especially mindset wise. You want to attack hitters and keep them on the defensive. Stay aggressive in the strike zone and with your pitch selection, most hitters hate that.
4. **Commit.** Every pitch you have to recommit to yourself, your catcher and the pitch. This is how you stay focused for every pitch, every inning and every game. Make the emotional, mental and physical commitment to every pitch and you will see your confidence sky rocket by just staying focused pitch by pitch.
5. **Execute.** Now it's time to make a confident pitch. Once you're committed then have no fear. Make the pitch, get ready to react and stay focused on your pitching plan.

Post Pitch Reaction

1. **React.** The pitch is made and now it's time to react. You already know the situation and the pitch count, so you have to anticipate what the hitter is going to do. Most of your responsibilities will focus around fielding your position

and/or backing up bases. Make sure you are focused on the catcher. He can see the whole field and help you see the play behind you. A lot of your reactions are practiced routines of covering first on a ball hit to the right side of the infield, covering home on passed balls & wild pitches and fielding bunts. Pitcher fielding drills and practice will have a huge impact on your overall success. Take fielding your position seriously, I guarantee it will win or lose you a game or two every year.

- 2. 10 sec. Game Plan.** This is all about preparing for your next pitch. The 10 second game plan is the game within the game. It's all about making confident adjustments pitch by pitch and inning by inning. Pay close attention to the game situation, make quick confident adjustments when needed, think the next pitch in your mind, say the next pitch to yourself to make sure your mind and body is on the same page and then go right back to your confidence triggers that starts every pitch.

I know this feels like a lot of information, but once you master your own personal pre-pitch and post pitch routine I promise you it will all happen in a matter of seconds. It will become second nature to you and you will make more confident pitches every time.