

# STARTT Pitching

## Pre-Pitch Routine Checklist

### 1) Confidence Triggers

What is it?

  

Mental  
Physical

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### 2) Focus On

  
  

Controlled Breathing  
Situation & Count  
The Catcher

### 3) Aggressive

  
  

Mindset/Competiveness  
In The Strike Zone  
With Your Pitch Selection

### 4) Commit

  
  

To Yourself  
To Your Catcher  
To The Pitch

### 5) Execute

  
  

The Pitch  
The Reaction  
The Pitching Plan

## Post Pitch Reaction

### 6) React

  
  
  
  
  
  

To Fielding Your Position  
To Covering 1st  
To Backing up Bases  
To Covering Home  
To The Catcher  
To Preparing Your Next Pitch

### 7) 10 sec. Game Plan

  
  
  
  

Attention To Details (Game Situation)  
5 Sec. Fix  
Think The Next Pitch  
Say The Next Pitch  
Start Over w/ Confidence Triggers

