

Pitching Tip #1 - Observe First

Many coaches make the mistake of watching a young pitcher throw one pitch and then trying to correct them. In reality it is best for the coach to sit back and watch the pitcher throw for a while. Have the pitcher throw four-seam fastballs, two-seamers and change-ups. Check to make sure the pitcher has decent velocity, some movement and is throwing strikes consistently. If this is the case it probably is best not to tinker too much with the pitcher's delivery. But if the pitcher is struggling in one or more of these areas then it is time to take a closer look at the mechanics and determine which adjustments might need to be made..

Pitching Tip #2 - Pitching Limits: Let Common Sense Prevail

One of the options that I use on this subject is to watch my pitchers. I have a counter that I use plus sometimes a pitcher may not be able to throw as many pitches as he did a game before. So what I do besides watching his mechanics' and body movement is to have the pitcher take his pitching arm and point it out at me straight with the pitching hand open palm down and see how much trembling his fingers have with the arm held this way. If it is shaking or trembling he sets. It is one of those test that a pitcher can not pass if he is fatigued and I tell all of my pitcher I could care less if you are throwing a no hitter, it is not worth hurting your arm over and they all know out they will go.

By John Habyan