

DETAILS THAT WILL HELP YOU CALL THE RIGHT PITCH

Cindy Bristow

www.SoftballExcellence.com

cindybristow@verizon.net



CALLING THE RIGHT PITCH INVOLVES:



- *Knowing The **Right Pitch To Throw Now***
- *Determining **Right Location To Throw It***
- ***Being Able To Throw It:***
 - **when** you want to
 - **where** you want to
 - **how** you want to
 - **every time** you want to

*(It's **NOT** signals from the dugout or fingers from the catcher)*

Objective for Calling Pitches:

1. GET AHEAD AND STAY AHEAD

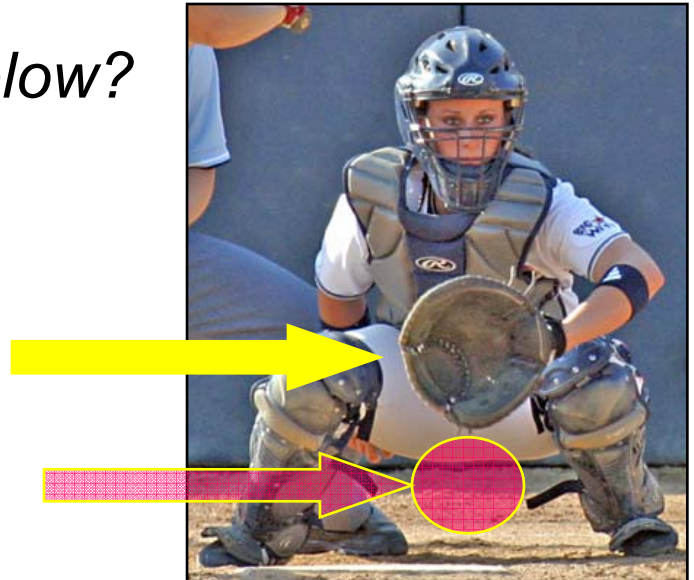
The more experienced and skilled the pitcher, the less this applies. But it's always as close to the Golden Rule of pitching as you can get.

2. GET THE BATTER OUT!

1. KNOW YOUR PITCHER:

- Where does she like her targets?

– *glove or below?*



- Does she work fast or slow?

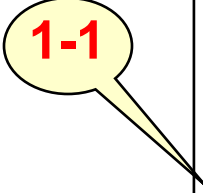


- Does she like the glove or body for the location/target?



- Does she have high or low focus Skills?

2. KNOW YOUR COUNT:

| <i>COUNT:</i> | <i>PITCH LOCATION:</i> |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 0-0 | Strike pitch on the corner |
| 0-1 | Occasional strike or waste pitch on the black or off the plate |
| 0-2 | Waste pitch off the plate |
| 1-0 | Strike pitch on the corner |
|  1-1 | Strike pitch on the corner or waste pitch 2-1 = .338 1-2 = .172 |
| 1-2 | Occasional strike or waste pitch on the black or off the plate |
| 2-2 | Strike pitch on the corner (GET THE HITTER!!) |
| 3-1 | Strike pitch to come back |
| 3-2 | Strike pitch on the corner, no walks |

3. KNOW YOUR HITTERS:

If:

Then:

Swings Up

Throw Up



Swings Down

Throw Down



Swings Late

Jam her Low – SPEED
(no change ups)



3. KNOW YOUR HITTERS:

If:

Then:

Crowds the Plate

Jam Her



Batter is Off the Plate

Throw outside corner



Dives into the Plate

Jam her (slapper - throw Down and In)



3. KNOW YOUR HITTERS:

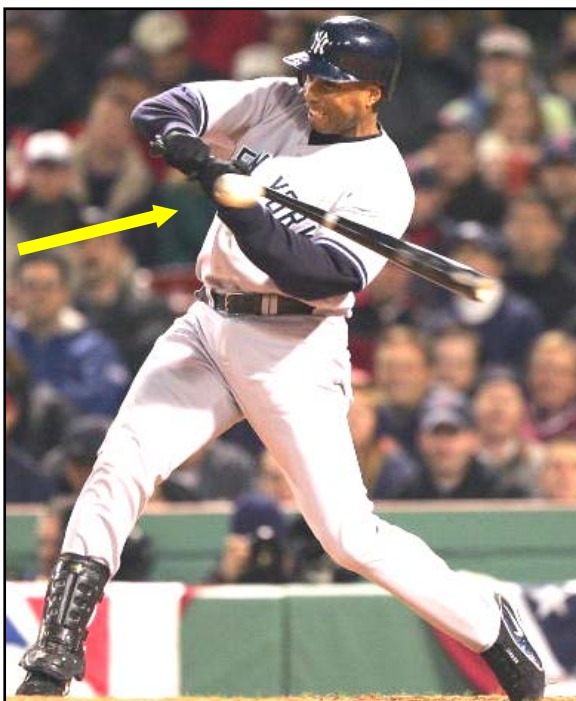
If: _____ **Then:** _____

Pulls Out

Down and Out and Off Speed



Swings Inside-Out Jam her (these hitters can hit to the opposite field easier than others can)



3. KNOW YOUR HITTERS:

If: _____ Then:

Batter is Tall Throw Down



Batter is Short Throw Up



3. KNOW YOUR HITTERS:

If: _____ **Then:**

Front of Box

Mix Speeds



Back of Box

Mix Movement



4. KNOW THE VARIABLES:

a) The **PITCHER'S** Variables:



- What's her **best pitch** or **location**?
 - Today?
 - Right now on this pitch?
- What's her **worst pitch** or **locations**?
 - Today?
 - Right now on this pitch?
- Is the **change-up** an option?
 - For a strike?
 - At all?

4. KNOW THE VARIABLES:

b) The **SITUATION** Variables:



What do **WE** need right now?

- **Ground ball?**
- **Fly ball?**
- Ball **away from** a certain **player?**
(is one of our defensive players really struggling right now, is so, keep the ball away from her for a while)

What do **THEY** need?

- **Bunt?** (up pitch)
- **Slapper?** (inside pitch)
- Long ball / **Fly ball?** (low pitch)

4. KNOW THE VARIABLES:

The **BATTER'S** Variables:



- What did she do **last time up**?
- What did she **look weak on**?
- Where does she **hit in the line-up**?

NO CHANGE-UPS TO NUMBERS 8 & 9 IN THE ORDER!!

CALLING THE PITCH: (it's not " Use 'Em or Lose ' Em")



- hitter's only have one type of swing (*unless very elite*)
- see it and throw it – *early and often*
- don't use all your pitches or pretty soon you'll throw something that hits their bat.
- Instead, make the hitter adjust her swing to hit your pitch making her weaker and giving your pitcher the edge.

TEACHING CATCHERS TO CALL THEIR OWN PITCHES:

(it all starts in practice)



1. **YOU** call the **zone**, **THEY** call the **pitch** in that **zone**
2. **YOU** call a **"NO"** zone and **THEY** call the **"GO"** zone
3. **THEY** call every-other inning
4. Then **THEY** call every-other-batter
5. **THEY** call each pitch and **look** to you **for help**

LOOK AT VIDEO:



Dartfish TeamPro.Ink

LOOK AT THE CLUES:

- watch their warm-up swings – hitter's will swing where their favorite location is, not their worst.
- so watch it and avoid pitching to it!

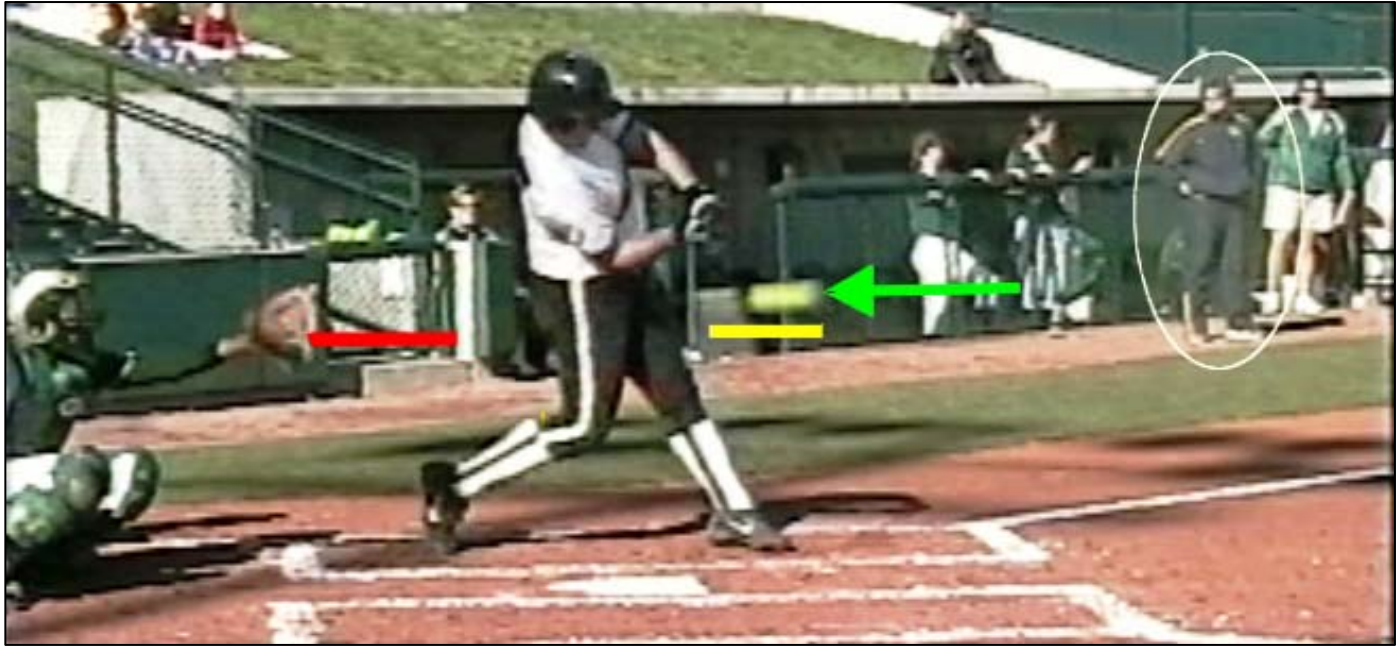


- look at the catcher's glove (right where she did her warm-up swing)
- and watch the coach –they move off the field if hitter's pull the ball HARD.



LOOK AT THE CLUES:

- And avoid pitching what they show you they want to hit!



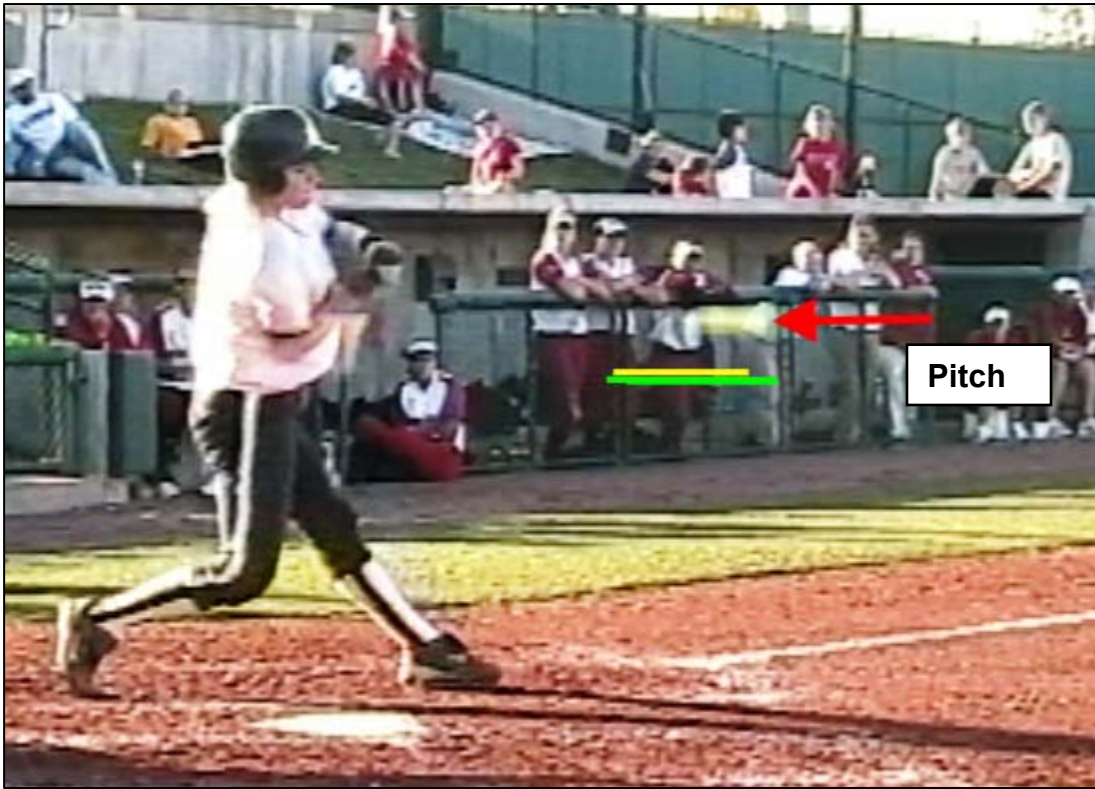
LOOK AT THE CLUES:

- another example with 2 warm-up swings
- this one for a Homerun!



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