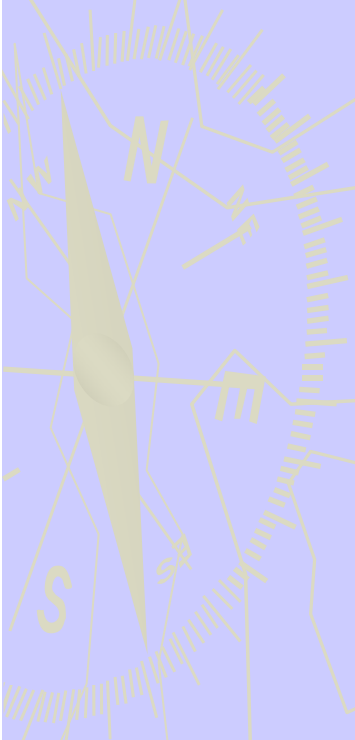


# **SITUATIONAL PITCHING: What to Throw and When**

**Cindy Bristow  
International Softball Federation**

**SITUATIONAL PITCHING IS:**



# SITUATIONAL PITCHING: What to Throw and When

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## SITUATIONAL PITCHING IS:

- Knowing the right pitch to throw.
- Determining the right location.
- 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)*

## 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?????????????



## 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. KNOW YOUR WEAPONS:

<i><b>WHAT:</b></i>	<i><b>WHERE:</b></i>
<b>Strike Pitch</b> The go-to pitch to get ahead in the count, get a strike or put the batter away	<b>Thrown on the corners of the plate</b> (as far from the middle as the pitcher's skill allows)
<b>Occasional Strike Pitch</b> Sometimes relied on for a strike or to put the batter away.	<b>Thrown on the black of the plate</b>
<b>Waste Pitch</b> Used when ahead in the count or on a aggressive hitter.	<b>Thrown off the plate</b>



### 3. 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
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

## 4. KNOW YOUR TYPES OF HITTERS:

**If:**

**Then:**

Swings Up -----> Throw Up

Swings Down -----> Throw Down

Swings Late -----> Jam her Low  
(no change ups)

Crowds the Plate -----> Jam Her

Batter is Off the Plate -----> Throw outside corner

Dives into the Plate -----> Jam her (slapper -  
throw Down and In)

Pulls Out -----> Down and Out and Off

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

#### 4. KNOW YOUR TYPES OF HITTERS:

Swings Inside-Out

Jam her (these hitters can hit to the opposite field easier than others can)



## 5. 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?



## 5. 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, we need to try and keep the ball away from her for a while)*

## 5. KNOW THE VARIABLES -



### b) The Situation Variables:

- What do **THEY** need?
  - Bunt? (up pitch)
  - Slapper? (inside pitch)
  - Long ball/Fly ball? (low pitch)

## 5. KNOW THE VARIABLES -

### c) 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!!**

