

Bill McDonald
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Pitching and Team Concepts

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TEAM CONCEPTS

Creating Winning Climate

1) Yearly Preparation – Improving your knowledge each year – Never be satisfied and feel you have learned all you need to know – When you stop learning you cannot teach – what is your style as a coach on and off the field?

2) Attention to Detail – Everyone knows what to do in all situations

3) Caring – How can I show that I care about my school – players – coaches?

4) ARROWS OUT – Bases Of Our Team Building- Coaches to Players – Players to Players

5) Character – What is character – Respect – Responsibility – Integrity – Sportsmanship – Confidence – Trust.

Creating Winning Climate

- You should not expect to be trusted if you have coaching knowledge of the game but lack the character component to lead your club
- To have a successful program year after year you must intentionally talk about and show positive character traits to your club
- A successful program is not one that has good players for a few years and wins more than they lose
- A successful program is one that always has the players prepared to handle all situations, placing their players in a position to be successful when performing the skills of baseball and creates a positive motivated team on and off the field.

Handling Adversity



As a coach are you prepared to handle the adversities that will come your way each season?

1) Off the field attitudes – Social Situations – Grades.

2) Practice Habits – Effort – Playing time is in relationship to your practice efforts.

Positive Approach



Positive Running.

- 1) Can I Help You
- 2) Those That Finish Last
- 3) Dice

Your Style of Play

- The style of play, the attitude of your team and who plays and who does not will be the way you want it to be
- Confident coaches are secure coaches
- You make out the line-up card
- Give your very best to the young men you coach each year
- Make each practice plan a plan that is advancing the skill level of your team each day
- The team is a reflection of you so make it a positive experience for you and the members of your club
- Never end the season saying “ I am glad I no longer have this player on my team.”



PITCHING PREPARATION

Before Throwing Begins



- **Dowel Rods**
- **Sit ups**
- **3 lb. weights**
- **Tubes (J Bands for Everyone in the Program)**

Throwing Program

1) Pitchers Day – Pitchers Only – 45 feet – 90 ft. – 120 ft. (Back Step Crow Hop Throw) – 150 ft. – 180 ft. – 210 ft – From 210 – (8 to 12 throws at each spot – then move back)

- Each throw back to the starting point you move in 10 feet on each throw to your partner until you get back to 90 ft.
- Each throw coming back to the start will be made as though you are throwing under a ceiling – In other words on a line
- Once back to 90 feet you will start throwing your change up to your partner – You will throw from 15 change ups to 25 change ups – You will throw in sets of 5 with one fastball at the end – Partner is giving you a target with his glove
- Then move to 70 feet to throw your curve – Same routine as the change up – 15 to 25 curves with a fastball after each set of 5 curves.

Throwing Program

2) Long Toss Day

- The Long Toss Day is the same as the Pitchers Day other than you will move all the way back coming forward to 60 feet and you and your partner will be throwing on flat ground with a plate
- Pitchers will be given the location they will be throwing to from the Stretch (First) Wind-Up (Second).

Throwing Program

3) Easy Long Toss

- Day after throwing 45 pitches or more
- This is a lift the ball day to your partner
- Easy
- No throwing on a line
- You can go as long as you want for 20 minutes and as far as you want.

Throwing Program

4) 45 Pitch Day

- I consider a 45 pitch day the same as a start
- A 45 pitch day in the pre-season gives you 2 days off the mound where you will be doing Drill Work for those 2 days along with your Long Toss program that we decide we want you to do.

Pitching Ideas to Consider

1) Script your first 30 days of the Pre-Season

- Script the number of pitches (On the Mound), first 30 days before the first game; 30 days of Drill Work; Running to do.

2) How many pitches to throw opening game?

- (75p or 5 inn. max) – Pitcher won't respond later in the season.

3) When do you get another pitcher ready during a game?

- If a pitcher has a really good 5th inning I get another pitcher up getting him ready physically in the pen
- I do the same if my pitcher has a good 6th inning – (Must also consider the score).

4) If I warm up a pitcher 2 times in a game.

- I will not use him I will bypass him to come into the game.

5) If a pitcher throws 45 pitches in a game.

- 6 day pitching routine: Long Toss program, Drill Work, Bullpen Session on Day 4 after he has thrown in a game.

Drill Work

1) Karate Kid

- This is a balance Drill
- Gets our entire body in a balanced position to uncoil to the plate
- I can talk to a pitcher on the mound and break him down by telling him what part is failing him within his delivery (He is able to understand quickly what is wrong)

2) Stride Drill

- Drill we use to get our pitchers out over their lead knee
- Stops him from being ridged on his front side and relieves pressure on the shoulder
- Teaches him where acceleration occurs within the delivery
- I am always working to make them understand how the body works in pitching so they can coach themselves.

Reasons for Drill Work

1) Balance and Arm Action

- Upper Body over Lead Leg
- Freedom of Arm Movement
- Long Toss will do this also.

2) Teaching Release Point

- Impossible to do without practice with Dowel Rods.

3) Dowel Rods

- Used for the purpose of teaching Acceleration to Deceleration
- Extension out in front of the body.

4) Pronation to Finish

- Arm must not go Diagonally Across the Body to Stride Knee until it is in the relaxed phase.

Karate Kid

Correct vs. Incorrect



Hand and Elbow Location

Correct vs. Incorrect

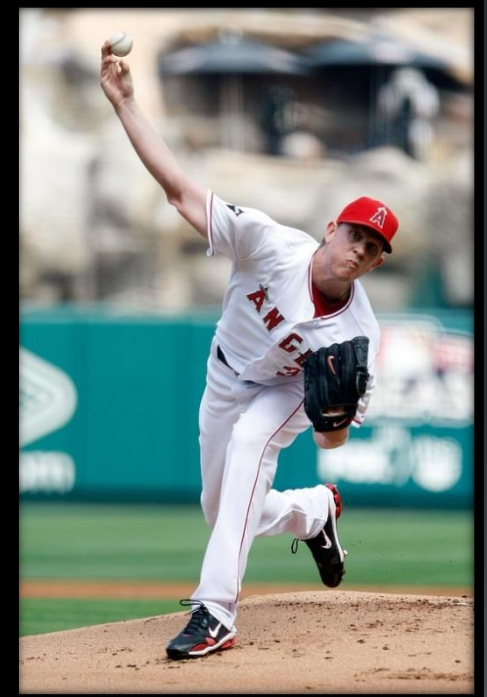


Stride Drill



Body Position

Correct vs. Incorrect



Bullpen Preparation

Possible Preparation For Pitchers Day in the Pen

- Running before you throw.
- Catch (No more than 90 feet)
- Stride Drill – Working on not throwing across your body.
- No Strike Drill - Off Plate (60feet)
- Strikes in the middle of the plate(60 feet)
- Bullpen.
- Long toss or Long Hop (120 to 150 feet)

Bullpen Sessions

How Do They Work?

- We throw in sets of 7 pitches – Fastball Set – 3 Fastballs – 2 Curve or Change Ups – 2 Fastballs – Change Up Set – 3 Change Ups – 2 Fastballs – 2 Change Ups – Curve Ball Set – 3 Curve Balls – 2 Fastballs – 2 Curve Balls.
- Total Fastball – Total Change Up – Total Curve Ball – this means all 7 pitches are the same pitch.
- Regular means – FB – CH – CU – FB – CH – CU – FB
- We have Competitive Pens of 28 to 45 pitches where we throw so many Fastballs to arm side then away from arm side - Change Ups so many arm side and away from arm side – Curve so many to arm side and so many away from arm side – Arm side curve we want to throw that pitch to a RHH – LHP on the mound or LHH - RHP – We start the ball off the plate and want to hit the outside corner away from the hitter.

Bullpen Sessions

How Do They Work?

- We throw only 2 seam and 4 seam Fastballs – Change Up – Curve Ball – I will teach a slider to a pitcher that has a problem with his break on the curve ball – No split fingers – No knuckleballs (Unless you are still in high school at age 45) – No cutter
- We chart our pens and the competitive pens are for reduced running – We throw no more than 21 pitches at a time – You sit down and your partner comes in to pitch.
- We always start our pens in the stretch then to the wind up

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Thank You



Good Luck to you. I hope you can use some of what I have presented. I have loved every minute of my time coaching baseball.

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