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## 1-Pitch Warrior: Pitching Systems of Success

### Measure the Process

- 1) Pitching Statistics That Matter
  - a) Quality Innings
  - b) Strike %
  - c) 1<sup>st</sup> Pitch Strike %
  - d) A3P
- 2) Charting Pitches
  - a) Bullpens
  - b) Games
- 3) Mechanics vs. Competing
  - a) Practice Routines
  - b) Make it Tough
- 4) Pre-Pitch Routines
- 5) Bullpens
  - a) 5/5/5
  - b) BlueDevils 10
  - c) Hit the Spot
  - d) Below the String
- 6) Game Day
  - a) Comfort
  - b) Not Robots
- 7) Post Game
  - a) Debrief
  - b) How to Move Forward