



## The Journey of a Pitching Coach

**Kyle Boddy**

*Founder: Driveline Baseball*

*Special Advisor: Red Sox*



TAKE CARE OF THE  
PEOPLE, THE  
PRODUCTS, AND THE  
PROFITS—IN THAT  
ORDER

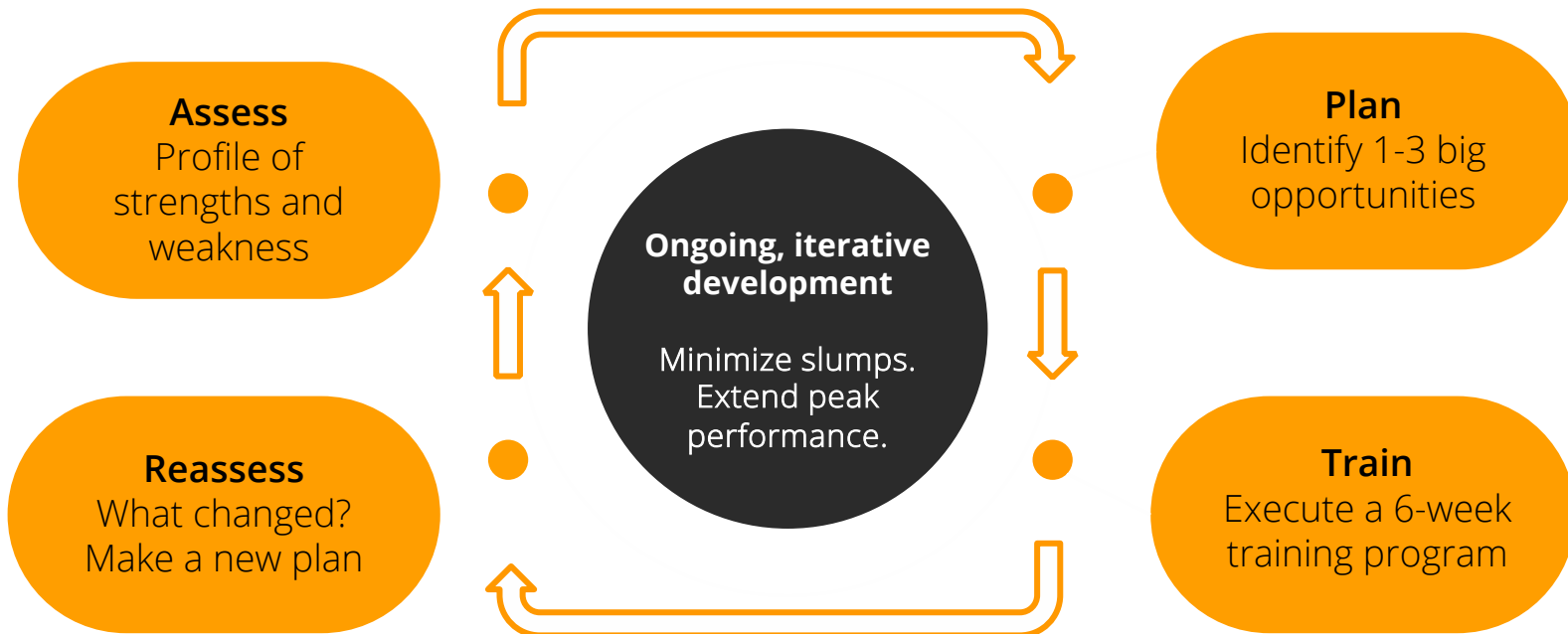
It's a good idea to ask:

“What am I **not**  
doing?”

Sometimes an  
organization doesn't  
need a solution; it just  
needs clarity.

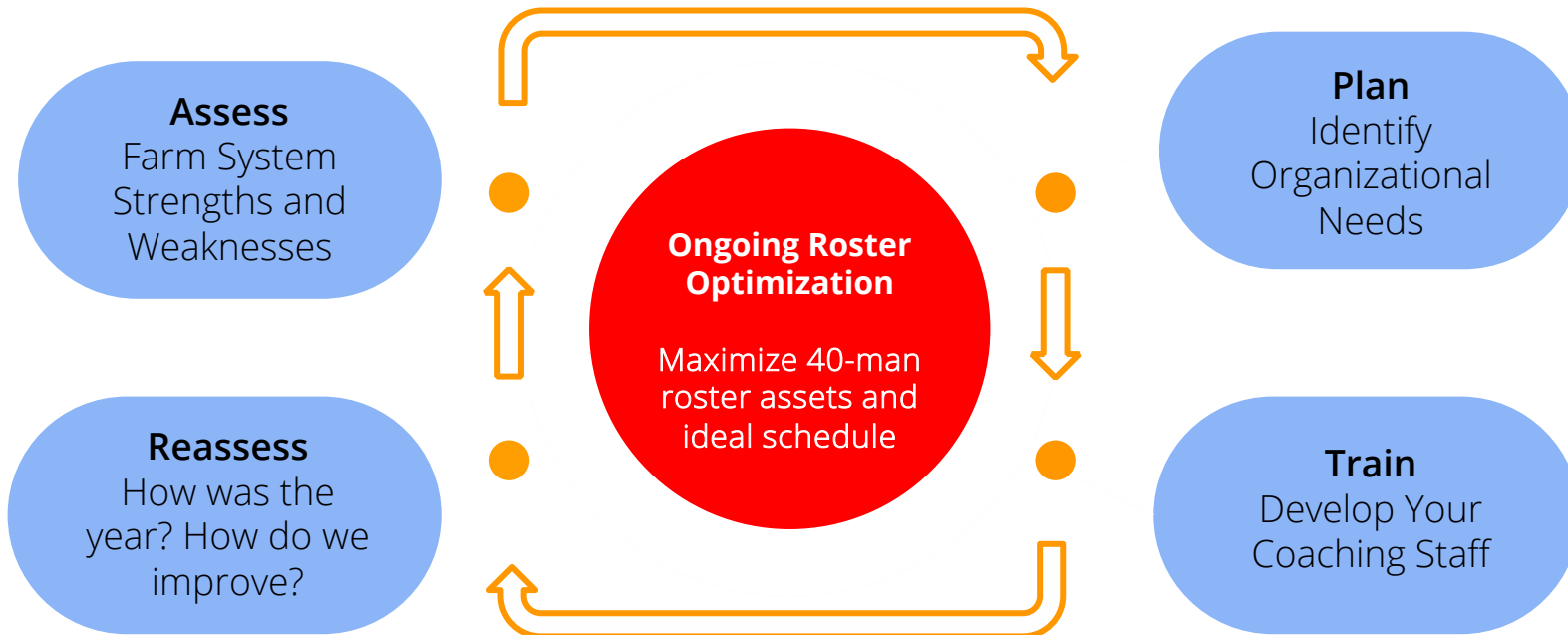
# How Driveline Works

---



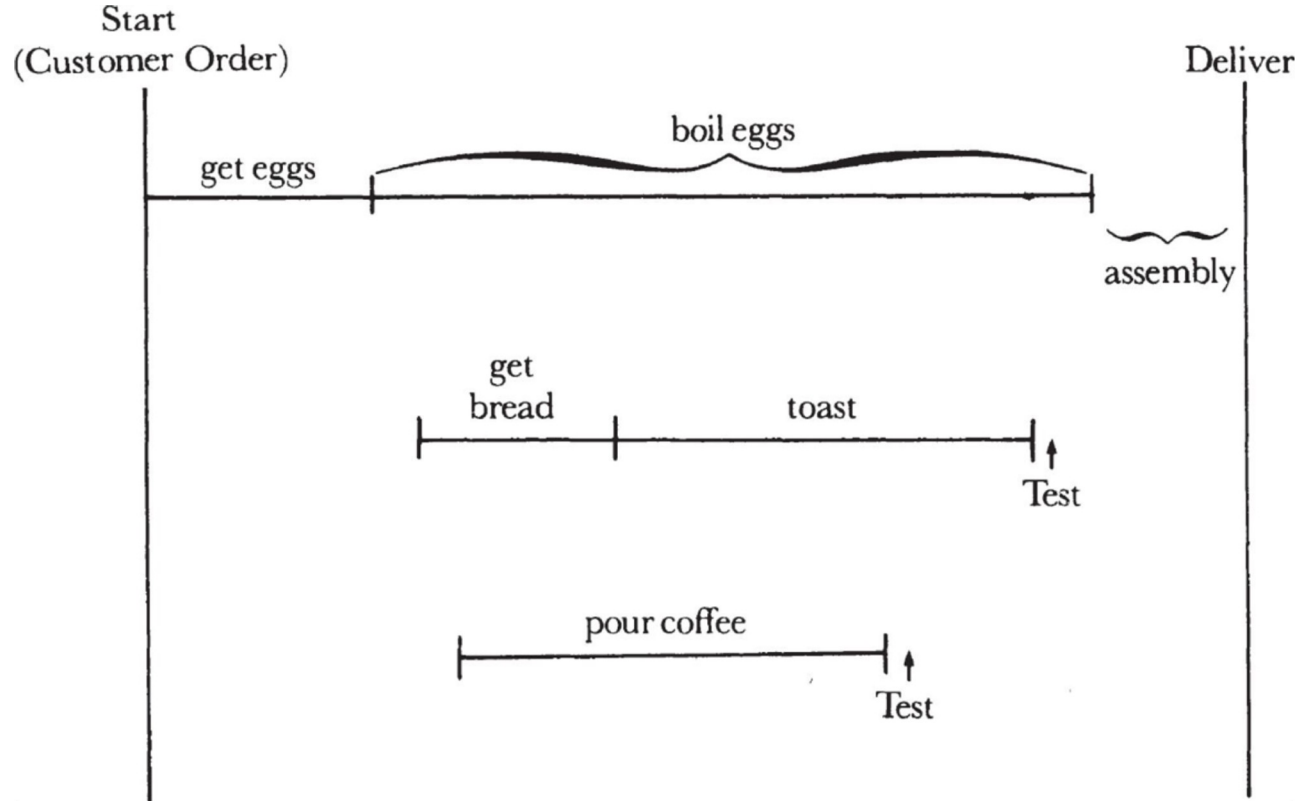
# Being a Front Office Executive

---



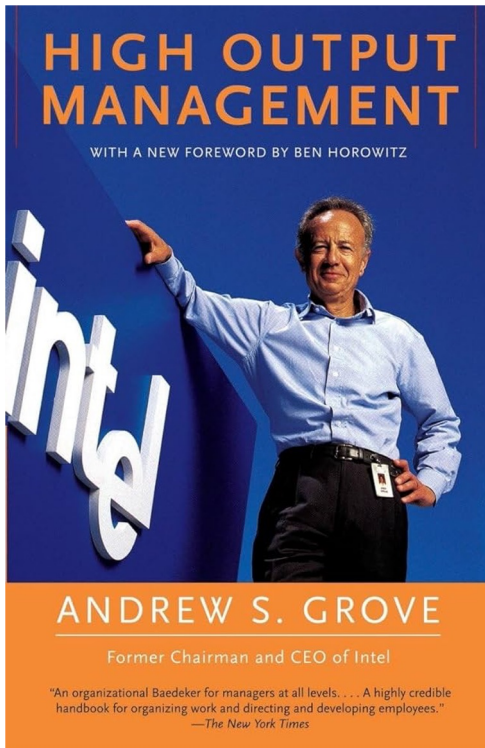
# Being a Front Office Executive

---



# High Output Management

---



*“Ninety minutes of your time can enhance the quality of your subordinate’s work for two weeks, or for some eighty-plus hours.”*

- Andy Grove  
in High Output Management



# Fastball Velocity, 2010-2023

91.2 to 93.6 MPH in 13 years.

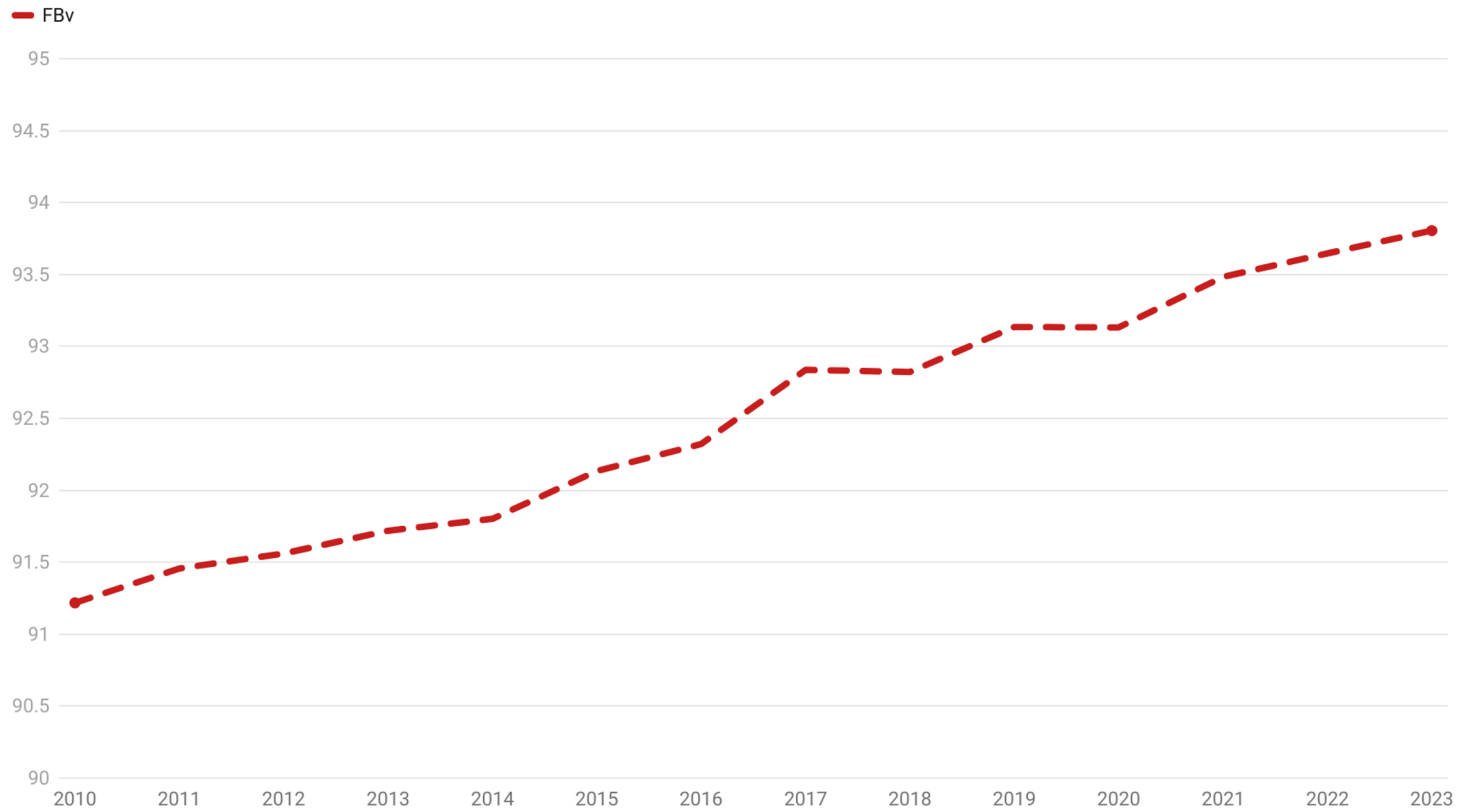


Chart: Kyle Boddy, Driveline Baseball • Source: Fangraphs • Created with Datawrapper

***Fastball Usage in  
MLB Fell Below 50%  
in 2022***

# Pitch Usage in MLB, 2010-2023

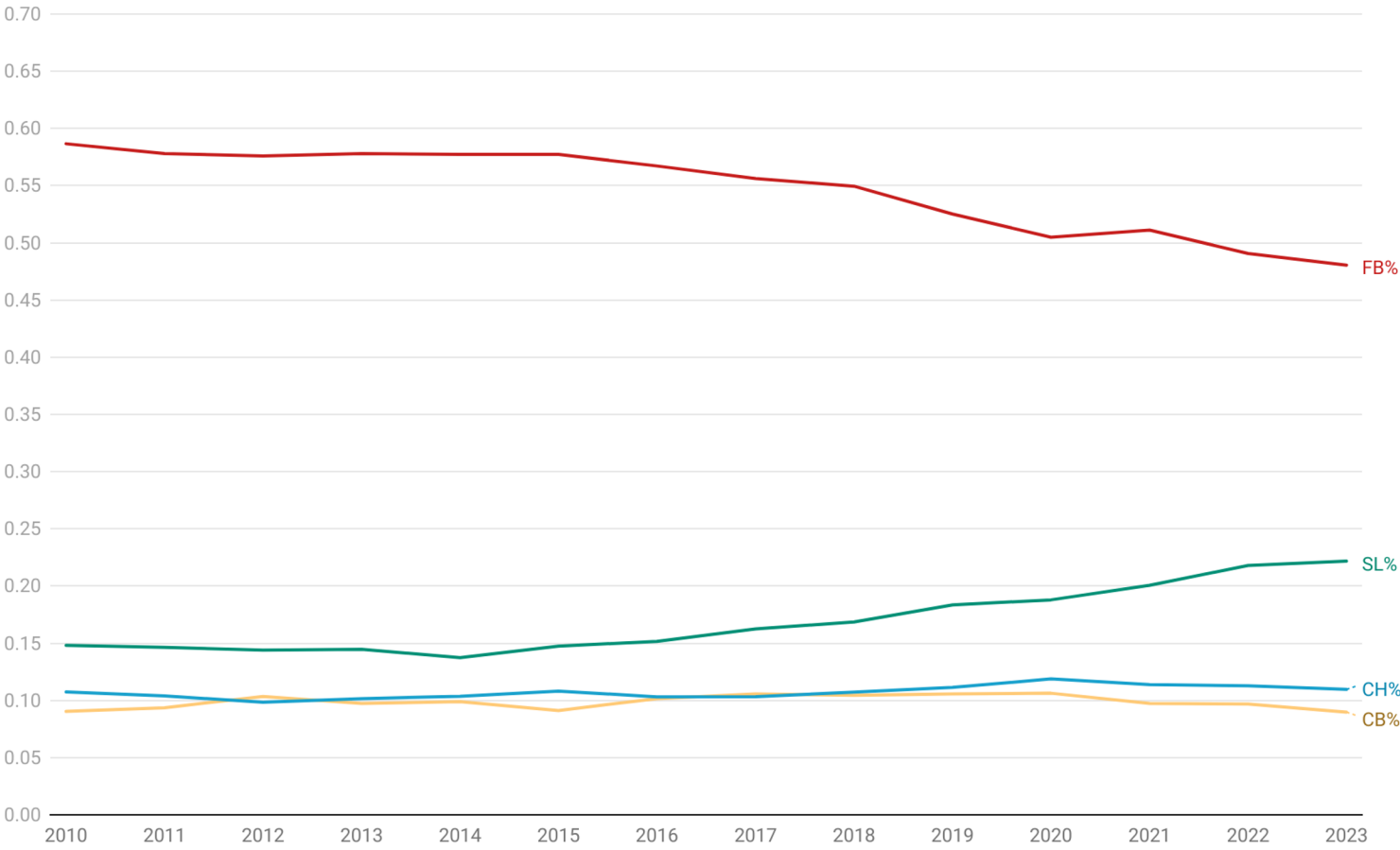


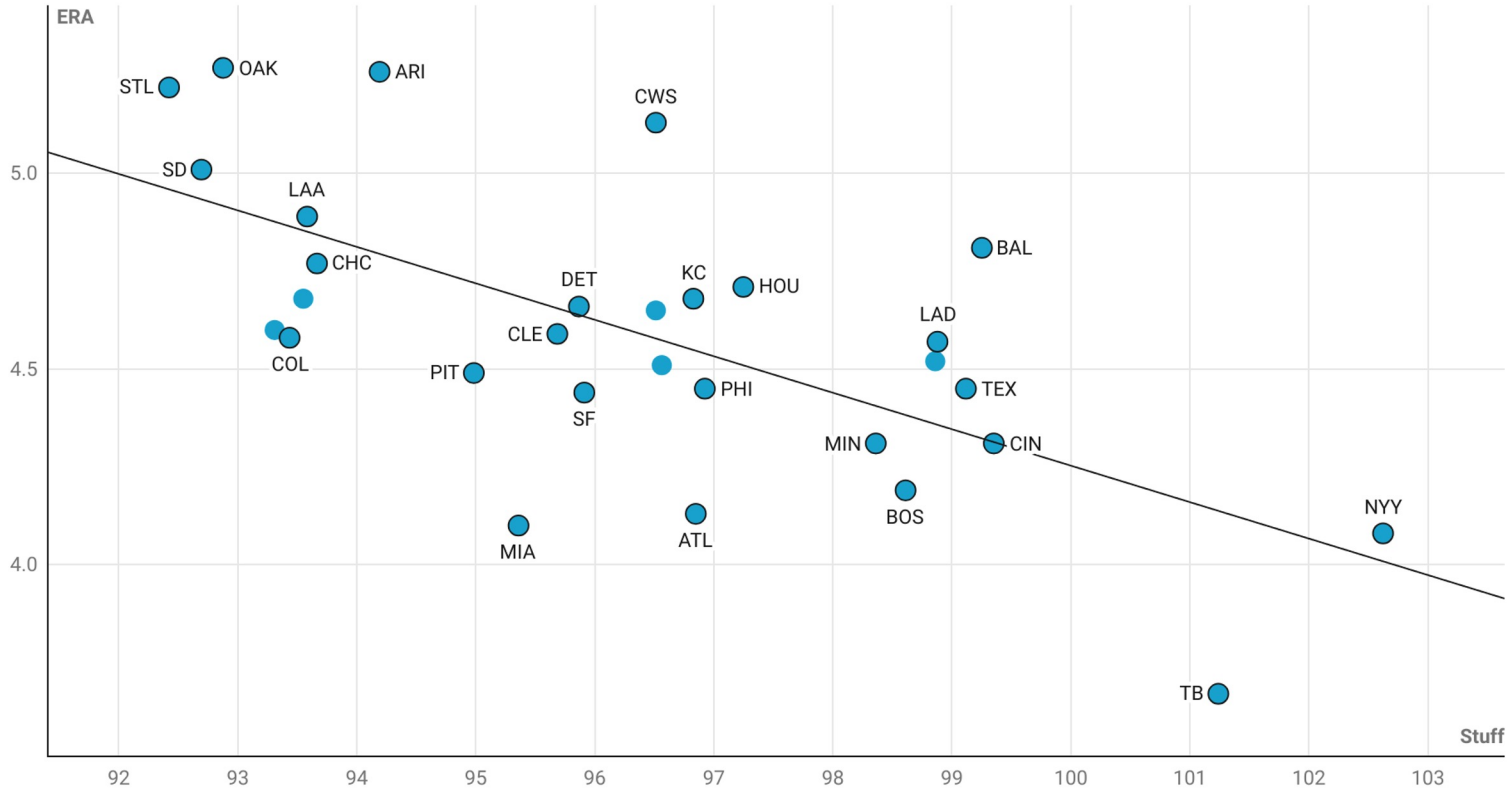
Chart: Kyle Boddy, Driveline Baseball • Source: Fangraphs • Created with Datawrapper



# ***What Matters in Pitching***

# Does Nasty Stuff Matter?

2021 MiLB Org Comparisons of Stuff+ vs. ERA

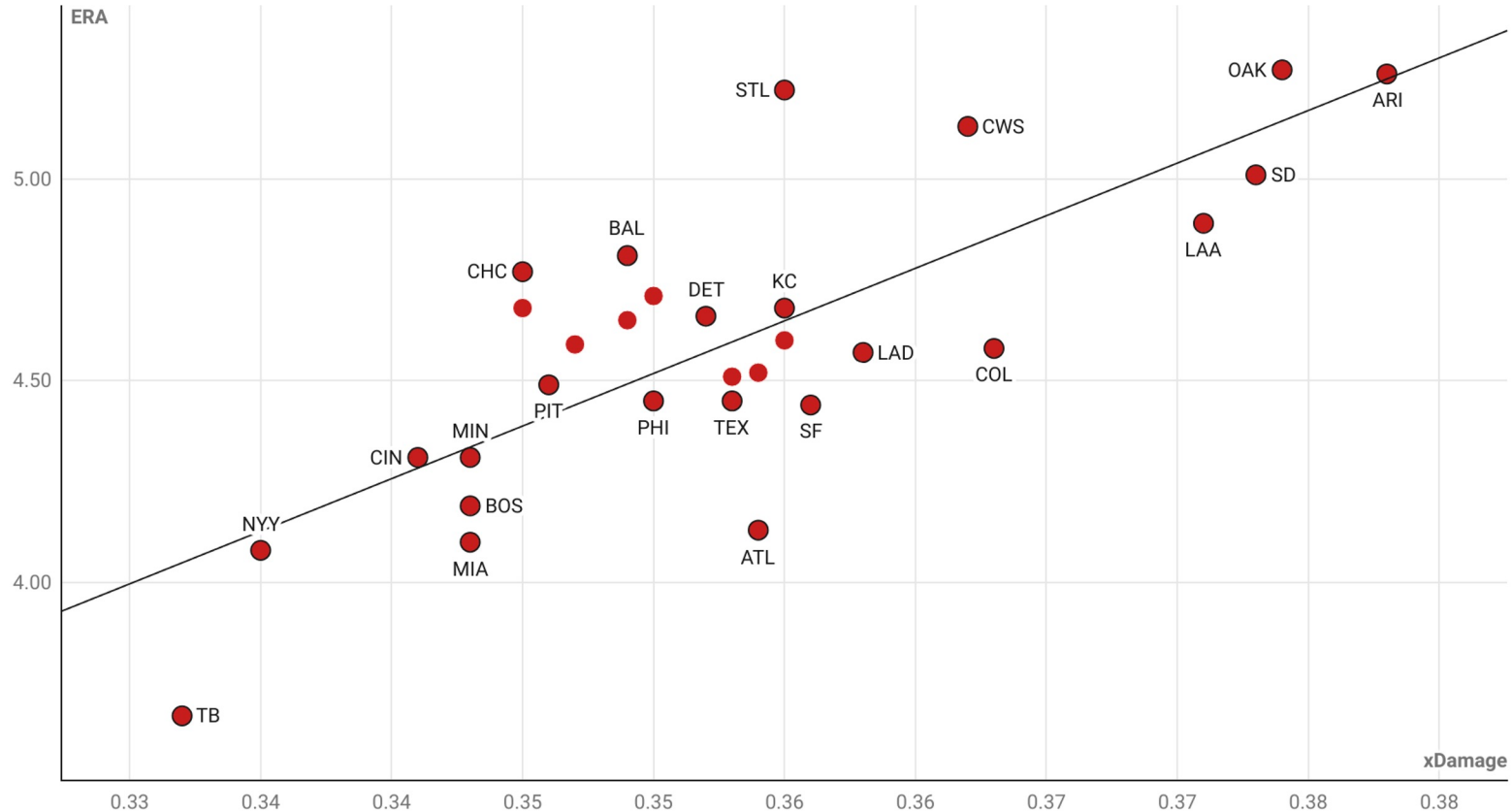


Stuff+ is negatively correlated with ERA, meaning the better the pitching "stuff" in your org, the better you do on average (Stuff+ is also a strong negative correlate to xDamage; it's harder to hit nasty pitches).

Chart: Kyle Boddy, Driveline Baseball • Created with Datawrapper

# xwOBAcon as a Predictor of MiLB Org ERA

2021 MiLB Statistics: Don't let them hit the ball hard!



xwOBAcon (AKA xDamage in the Reds org) is a strong, single-variable predictor of org-wide ERA. Teach your pitchers to avoid hard contact!

Chart: Kyle Boddy, Driveline Baseball • Created with Datawrapper

# Organizational Improvements: Reds 2018 - 2021

## The 10,000 Foot View

### 2018 - 2019 Reds MiLB

- **xERA: 25/30**
- **xwOBAcon: 26/30**
- **K Rate: 22/30**
- **Stuff+: 18/30**



### 2021 Reds MiLB

- **xERA: 6/30**
- **xwOBAcon: 3/30**
- **K Rate: 4/30**
- **Stuff+: 3/30**

# Where to Start

## ***First Year Goals***

- ***Pre/Post Throw Routine***
- ***Track Everything***
  - ***Stuff, Command, Holding Runners***
- ***Unified Message***





# *Pre/Post Throw Routine*

- *Mobilize the Body*
- *Activate the Arm*
- *Gain Feel via Variability*

# Pre/Post Throw Routine



**Player Development**  
**Non-Drafted Free Agency**  
**“Roster Filler”**

# Carson Spiers

## Value of Systems

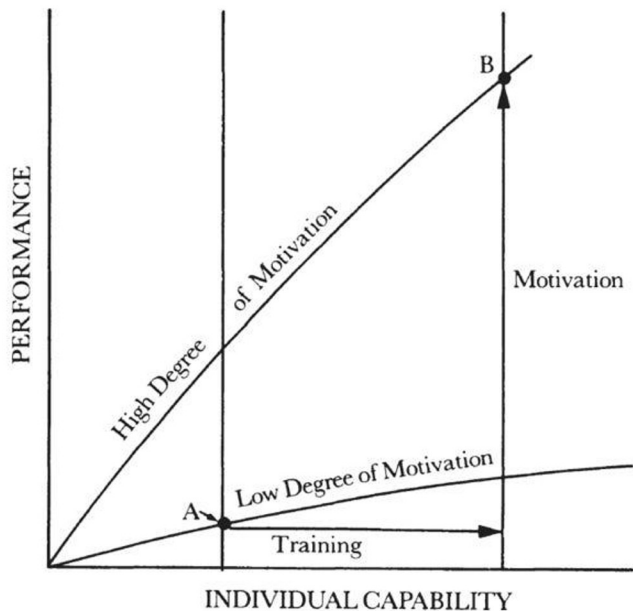


***“The consistent work and passion that is displayed to become 1% better everyday has shown me what it truly takes to be a professional.”***

***-Carson Spiers, NDFA '20***

# Carson Spiers

## Value of Systems



***“A High Degree of Motivation”***

**AKA**

***Makeup!***

*A manager has two ways to improve performance:  
training and motivation.*

# Carson Spiers

## Value of Systems

### Biomechanics Report

- Arm Action: 70+ grade
- Lower Half: 40 grade

So?

- Weighted Ball Work ↓
- Constraint Drills ↑



# Carson Spiers

## Value of Systems



## Pitch Grades at Clemson

- **Fastball:** 30 / 30
- **Breaking Ball:** 30 / 30
- **Changeup:** 30 / 30
- **Command:** 40 / 45

# Carson Spiers

## Value of Systems



## Pitch Grades in MLB

- **Fastball:** 40 / 45
- **Cutter:** 45 / 50
- **Slider:** 50 / 55
- **Changeup:** 40 / 45
- **Command:** 40 / 45



# MLB Exec = HS Coach = Driveline Owner?

---



# It's All in the Systems

