



5 SYSTEMS FOR youth BUILDING BETTER[^] THROWERS

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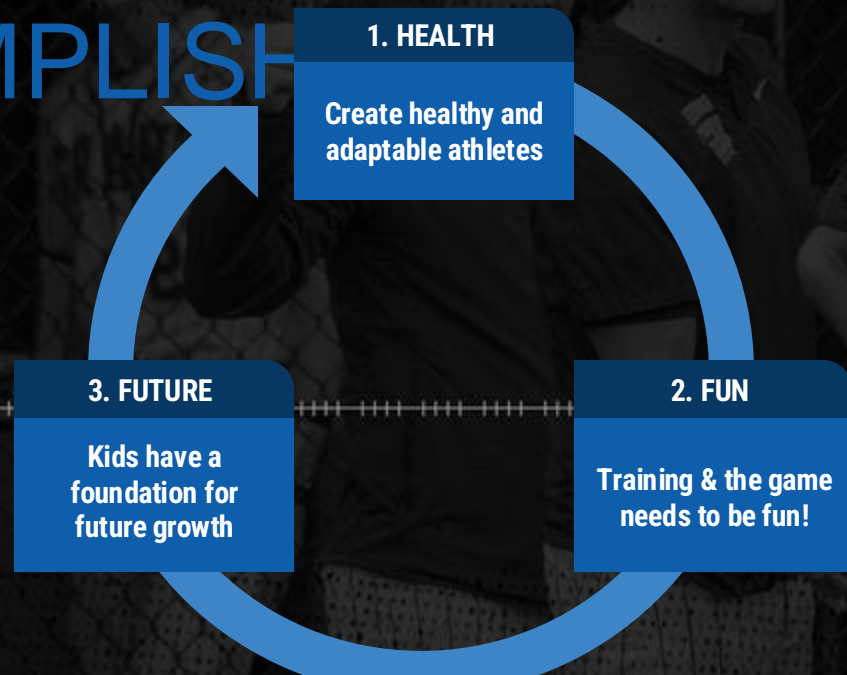


You don't rise to the level of your goals, you fall to the level of your systems.

- James Clear, Atomic Habits



what SHOULD OUR SYSTEMS ACCOMPLISH





THINGS TO CONSIDER



Are the best *pitchers*
the best *throwers*?



Are the best *throwers*
the best *pitchers*?

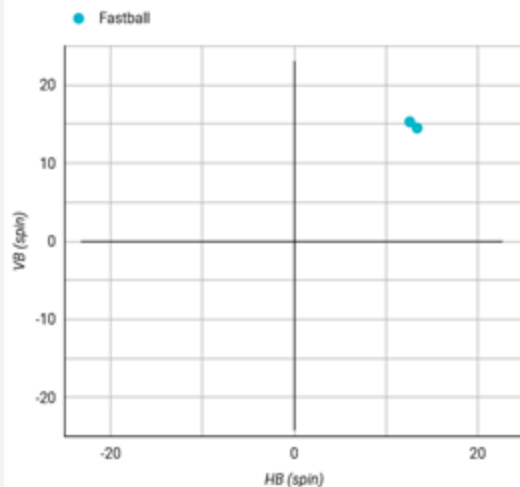
CASE STUDY

These pitches have the same metrics.

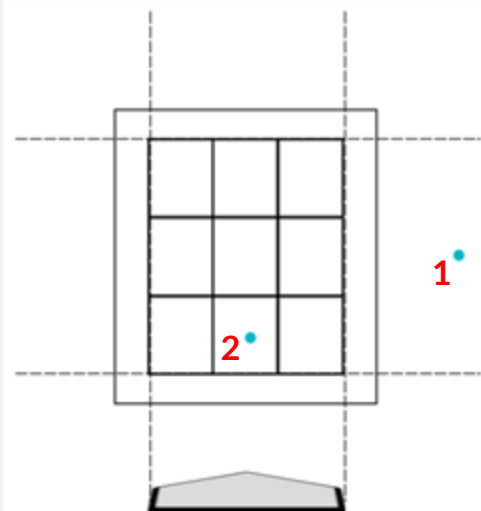
Why is one such a **BAD** miss?

Pitch #	1	2	
Pitch Type	Fastball	Fastball	Difference
Velocity	85.27	85.42	0.15
Total Spin	2100	2061	1.9%
Spin Efficiency	93.1	96.5	3.4%
Spin Direction	1:20	1:26	0:06
Vertical Break	15.3	14.5	0.8
Horizontal Break	12.6	13.4	0.8
Horizontal Angle	-4.76	-3.7	1.06
Release Angle	-2.57	-2.63	0.06
Release Height	5.99	5.9	0.09
Release Side	1.55	1.92	0.37

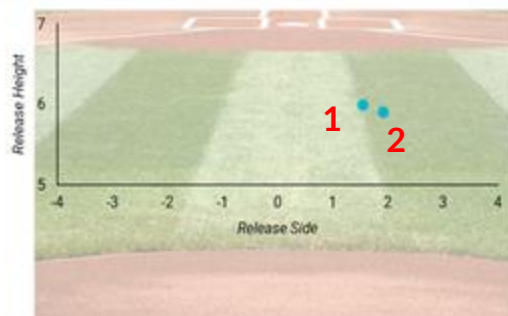
Movement Plot



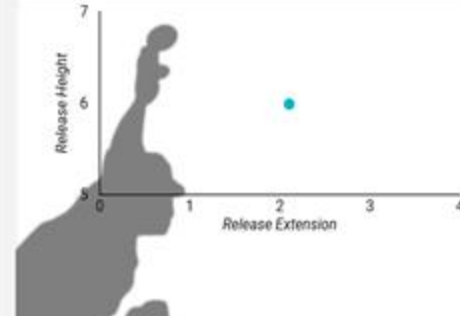
Strike Zone (Pitcher View)



Release Plot (Pitcher View)



Release Plot (Side View)





A 3° change in release point is the difference between hitting your spot and a BAD miss



Should we be training youth pitchers to “repeat their mechanics” or be adaptable & athletic?



“Stay balanced”



“Repeat your mechanics” for better command



“Finish in a fielders position”

Do these “traditional coaching cues” promote freedom and athleticism?

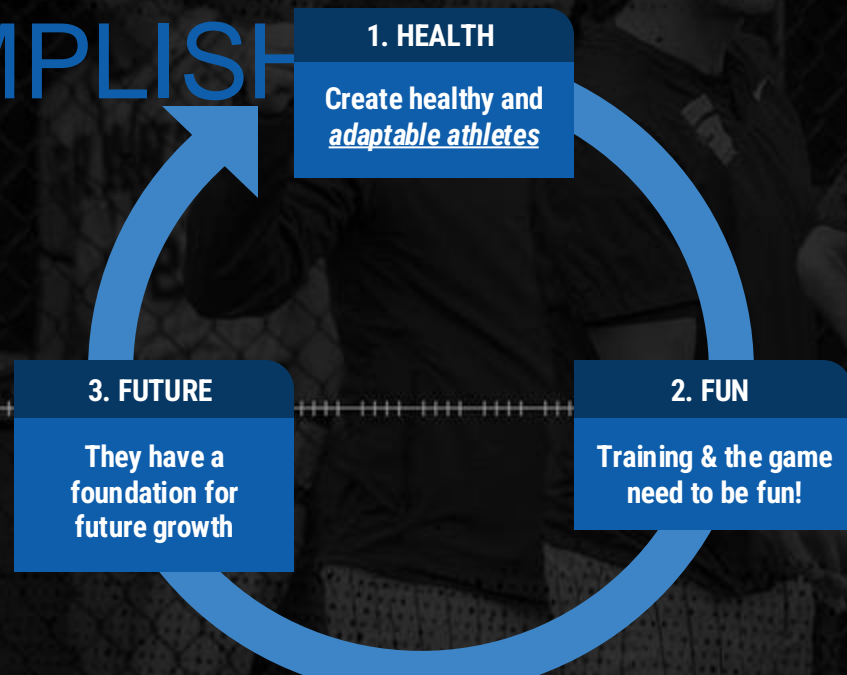
youth CHALLENGES

- Distractions, lack of focus
- Time constraints
 - *"When do we get to work on pitching?"*
 - *"How do I get pitchers prepared for season?"*
- Inconsistent environments - fields, schedule
- Play multiple positions - workload management
- Developmental differences - no "one-size-fits-all" program
- Everyone can be a pitcher!





what SHOULD OUR SYSTEMS ACCOMPLISH



5 systems TO BUILD BETTER THROWERS

THE SYSTEM

WHAT IT CREATES

- | | |
|----------------------------|-----------------------|
| 1. Athletic Catch Play | → ADAPTABILITY |
| 2. Throwing Competitions | → FOCUS & COMPETITION |
| 3. Off-Season On-Ramp | → READINESS |
| 4. Daily Vitamins Cards | → ROUTINE |
| 5. Measure & Show Progress | → BUY-IN & AWARENESS |

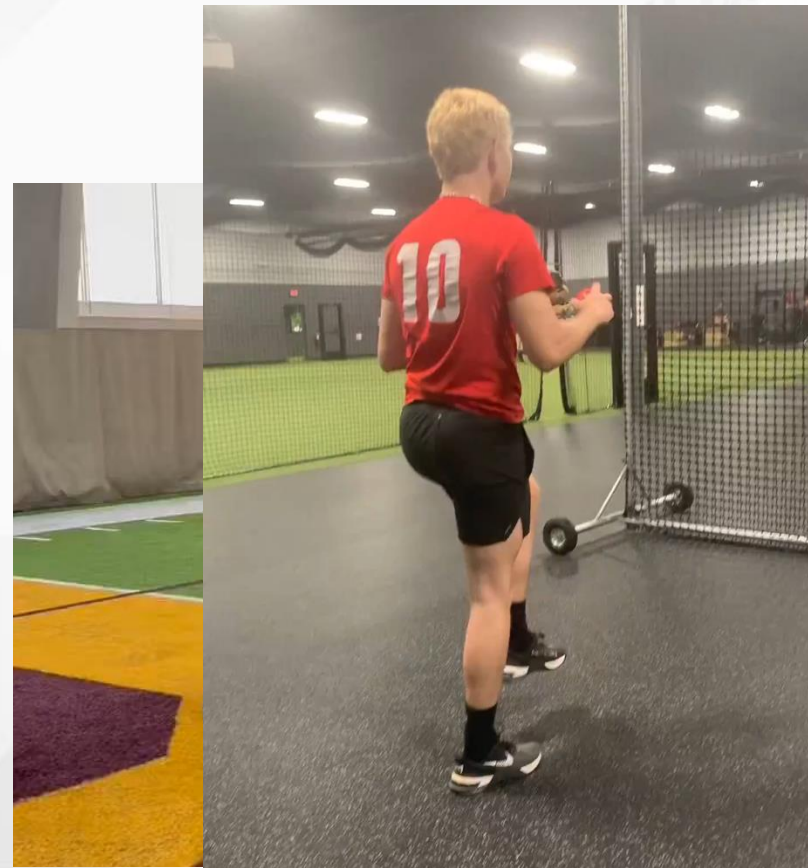
system #1

ATHLETIC CATCH

BUILD ADAPTABILITY PLAY

1. Self Toss
2. 2 Knee Throw
3. Reverse Quick Pick
4. Dropstep
5. Backpedal
6. QB Play Action
7. SS Forehand Spin/ DPs
8. SS Throw on the Run
9. Change the Angle
10. **COMPETITION** = Killshot to 11
→ Command: use WB/DIFF balls →

*"Be a
Shortstop"*



system #2

THROWING COMPETITIONS

OTP

OTM

INCREASE FOCUS & FUN

1v1:

- Killshot
- Golf
- Race to 2k
- HORSE
- Tic-Tac-Toe

Group:

- Golf
- Race to 2k
- Chase Pen
- Keizer Pen (scripted)
- Closer Roulette

How to Make it Translate:

- Find ways to compete in ways that drive the adaptation you want
- Set clear goals & the focus is winning the game.
- Set Benchmarks:
 - Strike % = 62
 - First Pitch Strike % = 60
 - Ahead % = 40

my favorite COMPETITION TOOLS

- 9-Pocket: \$250
 - DIY String Pen : \$30
- Pocket Radar Smart Coach: \$399
- Plyo Balls: \$60
- Weighted Command Balls: \$60-80
 - Whiffle / Tennis / Softballs
- Whiteboard: \$15

AMAZON LINKS:



system #3

OFF-SEASON ON-RAMP

INCREASE READINESS

Phase	# of Weeks	MON	TUE	WED	THU	FRI	SAT	SUN
On-Ramp	4+	B Day: 50-70%	Recovery: 10-40%	A Day: 70-80%	Recovery: 10-40%	OFF	Recovery: 10-40%	B Day: 50-70%
Compete	-	B Day: 50-70%	Recovery: 10-40%	Max Effort (Bullpen/ Game)	Recovery: 10-40%	OFF	Recovery: 10-40%	Max Effort (Bullpen/ Game)


tips FOR ON-RAMPING

1. REGULATE EFFORT WITH A RADAR GUN AS MUCH AS POSSIBLE!!!
2. Long Toss = Arc Toss. Let the arm stretch and work uphill before going down.
3. Throwing is the prerequisite to pitching. Make catch play a priority.
4. Players cannot hold back when there's a hitter in the box, don't make them.
5. Never "shock the arm" (extreme jumps in effort / pitch count).
6. Secret of any velocity program = timing (periodized).
7. Building workload takes work, players aren't going to be ready overnight.

system #4

DAILY VITAMINS

BUILD ROUTINE

 DAILY VITAMINS CARD NAME _____				
	Pitcher	Infield	Outfield	Catcher
ARM CARE	Soft Tissue (Lax ball) J-Bands + Greenies Wrist Weights*	Soft Tissue (Lax ball) J-Bands + Greenies Wrist Weights*	Soft Tissue (Lax ball) J-Bands + Greenies Wrist Weights*	Soft Tissue (Lax ball) J-Bands + Greenies Wrist Weights*
* = optional				
DRILL WORK	Med Balls* Pivot Pickoffs + Roll-Ins* Pick 1-2 Lower Half Drills* - Step Back - Drop Step - Janitor - Rocker Walking Windup*	Med Balls* Pivot Pickoffs Drop Step Ground Ball front Ground Ball back	Med Balls* Pivot Pickoffs Drop Step Ground Ball Fly Ball	Med Balls* Pivot Pickoffs Roll-Ins Step Back Drop Step Half Stance
CATCH PLAY	SAME DRILL ORDER Arc Out to MAX CH from 90° in	SAME DRILL ORDER Arc Out to MAX Relay (0+1 hop) Ground Ball front Ground Ball back	SAME DRILL ORDER Arc Out to MAX Throws from MAX-120° Ground Ball (0+1 hop) Fly Ball (0+1 hop)	SAME DRILL ORDER Arc Out to MAX Throwdowns all bases
INDY WORK (see back)	Flatty/Short Box (see back) Pick Series Rebounders* Waiter Walks Band Pull-Aparts Flex T's	Pick Series 10x3 Transfers/Throws (see back) Rebounders* Waiter Walks* Band Pull-Aparts* Flex T's*	DB Routes Rebounders* Waiter Walks* Band Pull-Aparts* Flex T's*	Blocking + Toss Series Machine* Rebounders* Waiter Walks* Band Pull-Aparts* Flex T's*
RECOVERY (done after game/practice)				

Day 1	Day 2
FLATGROUND SCRIPTS	
Do this 2X 2nd time = SS	FB 2 box 1 glove 1 arm
FB 1 box 1 glove 1 arm 1 up	2nd 1 box 1 glove/arm 1 bury
2nd 1 box 1 glove/arm 1 bury	3rd 1 box 1 glove/arm 1 bury
3rd 1 box 1 glove/arm 1 bury	AB 1 FB box BB glove FB up BB down
FB 1 pitch-out (R) 1 pitch-out (L)	AB 2 BB box FB glove FB up
	AB 3 (SS) FB box CH glove BB down
	AB 4 (SS) CH box BB box FB glove FB extended
*All days GOAL = 15/24	
*When possible, throw off mound at 55' = Short Box	
INFIELD TRANSFERS/THROWS	
Box Drill Throwing Series: - OTR arm side, glove side - Backhand, Forehand - QB roll-out (both) - 4 step glove side	Transitions - Knees 5x3 Transitions - Feet 5x3 DP Feeds - Traingle

system #5

MEASURE & SHOW

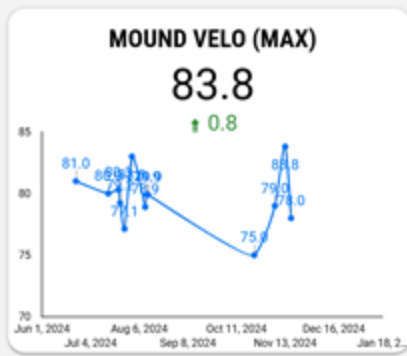
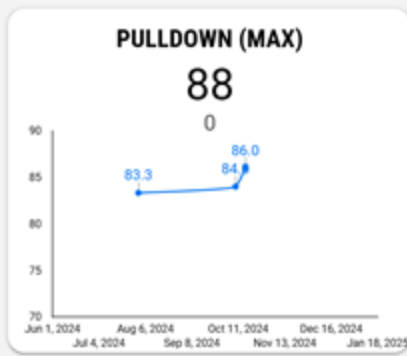
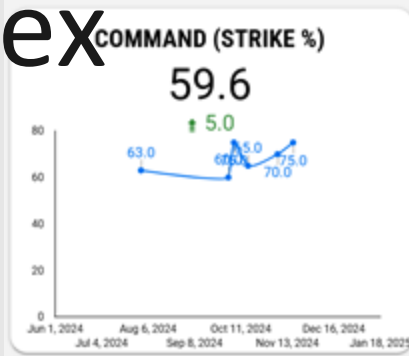
INCREASE BUY-IN & AWARENESS

PROGRESS

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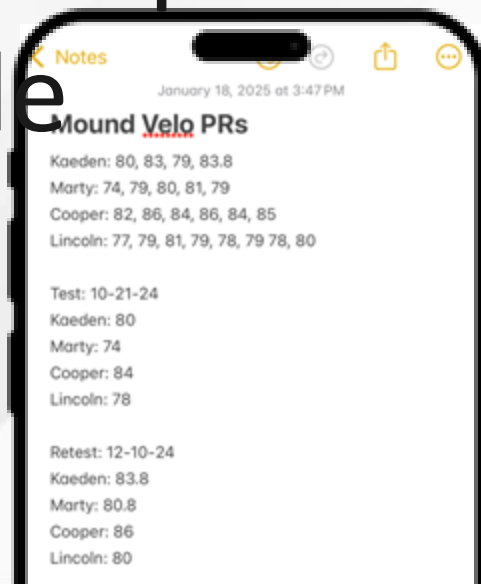
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WEEKLY PROGRESS



[LEADERBOARD >](#)

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final THOUGHTS

1. Throwing is the prerequisite to pitching.
2. Better athletes = better throwers. Better throwers = better pitchers.
3. Catch play is your pitching practice.
4. Find ways to compete in ways that drive the adaptation you want.
5. Challenging environments create adaptation.
6. Simulate Pressure. Less thoughts, practice discomfort.

RESOURCES

Google Drive folder
(games/charts/docs)



Pitching Development
Website



Favorite Tools on
Amazon





Alex Fisher
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