

My Big 3

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This talk because of time constraints will be centered around the **FB** (The pitch type can change, the presentation would not)

- Catch play - Daily - Visualization
- Command / Location – Having a very good idea where the ball is going
- Mastery – Learn the main things – The boxed FB / The center cut strike



- Followed by up and down – High and low - Elevate and sink

Visualization is for everybody
IT can be an ALL the TIME gig



“You are the Director” – Max Scherzer



BElieve - Be there – SEE there – Feel there

Visualizing Pitches - Success precedes Success

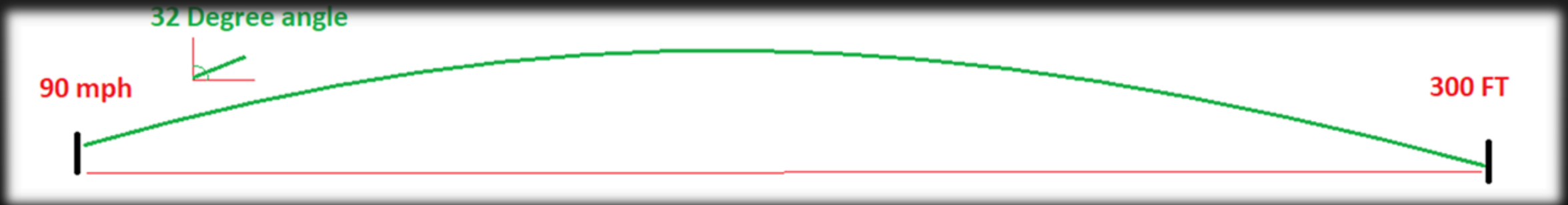
1:58 / 4:10

10

B

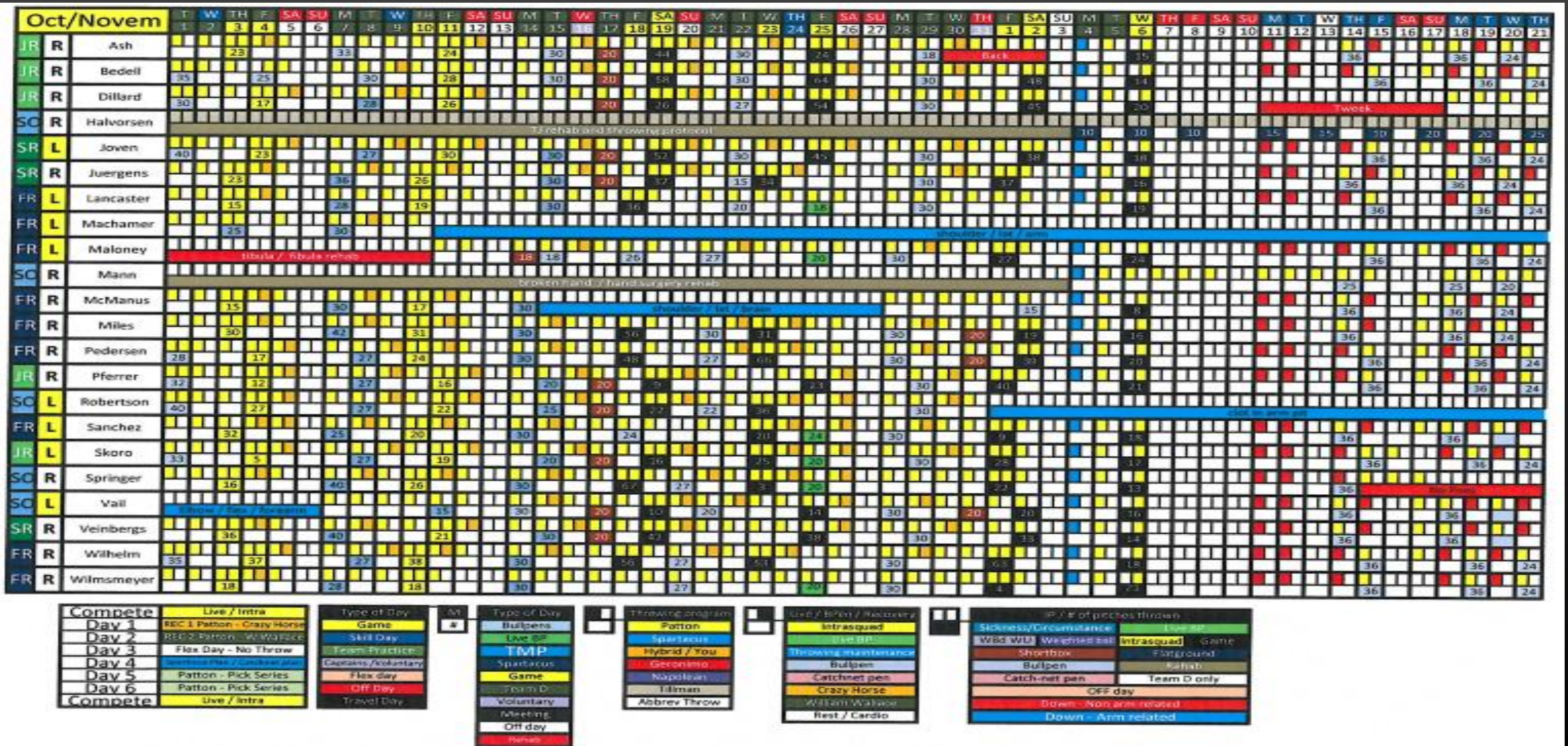
Throwing Programs are Bullpens

- Catch play – Warm-up – Maintenance Plan: All are *target oriented* activities. *Hitting your target* is the *priority* in all throws
- To throw and let it eat is one thing, *throw and let it eat with your target in mind is an “all the time” thing*. Think of the throws that are made in which you don't have the balls destination in mind?
 - How many throws are single minded?
 - How many throws are on both intent and target?
 - How many throws are not maximized?



- *Be Present in throwing programs* Walk the line. Communicate with the pitcher. Engage the pitcher. Accountability is improved with visibility of coach.

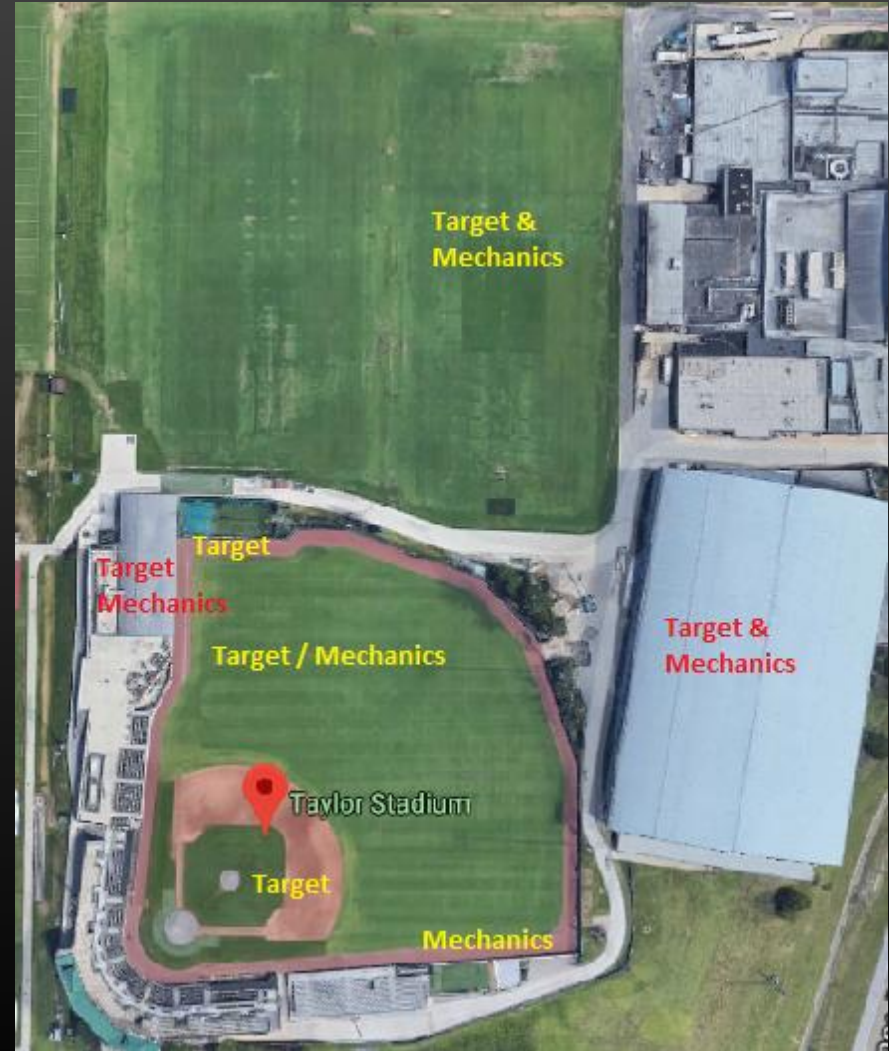
Throw Frequently – 6/7 days – 27 days



Be Present – Communicate – Grading System

Grade	Defined effort of level and example
10	This is your risk vs reward throw. Most competitive. Max effort. Everything you got. Arm flies off the shoulder following the baseball throw. This is the number you throw out when someone ask what velo you throw as a result of this effort. It is then followed by 'but I pitch from ___ to ___'. This grade area must be frequented to improve velocity.
9	This is your highest trusting throw. Bullpen max effort. Very good effort. A comfortable, not fearing a “blow out” effort. Perceived competitive effort. This is the max that conservative pitchers stay at either knowingly or not knowing. This grade area is where many accomplished pitchers reside on heavy or high intent days.
8	This is the “maintain” level. Typical throwing day. Elite pitcher short box. Rounding out week – would be avg grade. Typical bullpen effort level. Most pitchers throw with most command in this grade because most practice at this grade. Good level to be at. To go higher, when arm feels great increase grade level.
7-6	Not much difference between 6-7 grade. Typical day to day throwing effort. Pre game warm up effort. Perceived ‘saving energy” level. Position player catch. Conservative. Elite arms light throwing day 1 day out from start. Normal pitcher high effort. If done daily, won't lose stuff. Normal pitcher maintenance day.
5	This is the effort level of most at start of catch play. BP throwing to a teammate at 40 feet. Max effort early rehab. This grade area is the lowest throwing effort in average to great day. Start of warm up. If rehabbing, will be max effort early stage.
4-3-2-1	This is your light throwing area. Typical day after game throwing effort. Motion is lotion effort. Early rehab throwing effort. Day one throwing. If healthy, this is grade area following game outing. Great pitchers day off. Working the arm through soreness. Not and extensive throwing day.
0	This is no throw area. Doing nothing. Rehab. Recovering from tweak or unusual feeling in arm. Pain. Eating Cheetos on couch day. Good day prior to start. Good day following great effort week. If arm is healthy, strong, this area cannot be frequented outside of common sense. If injured, a must for early stage recovery. Rest.

Provide a designated target rich environment and establish DJ Concept – Brain over Plate/ Brain over Rubber



Mastery – Learn the main things - #1 – Box FB



Catch net pens – Plus 1 – Minus 2



Charted pens and goal-oriented pens

Goal oriented pens

Predetermined pitches

*Ex. 36 pitch pen consisting of
12 FB – 16 BB's – 8 CH*

36 – with a score of -6 = **61%**

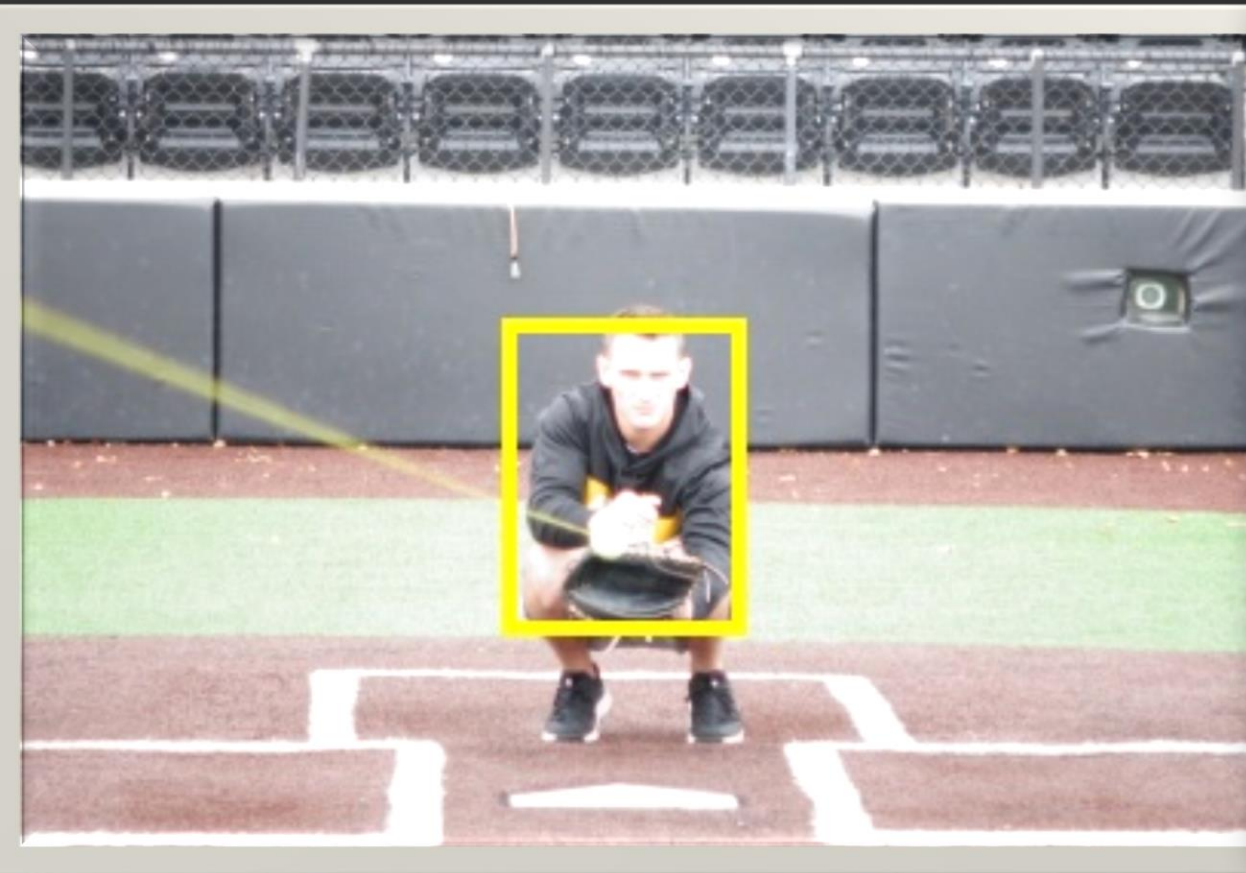
+3 = 69%

-12 = 56%

Main thing #2 – Up / down , Elevate /Sink, High/low



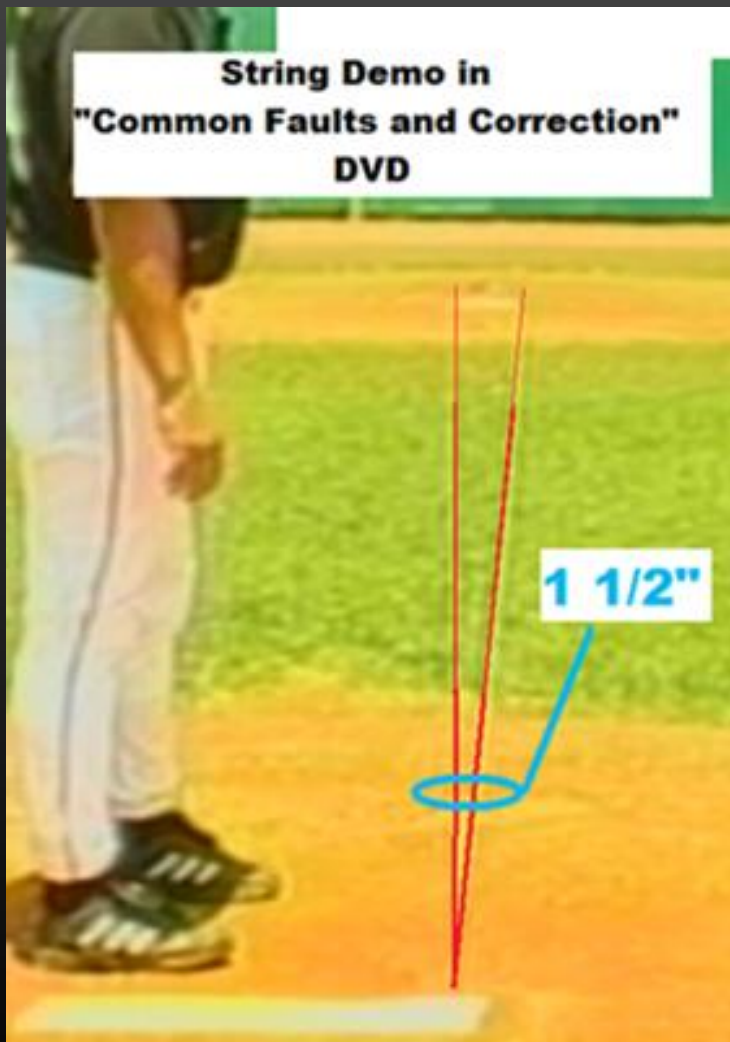
Strings for Visual – Distance for Execution

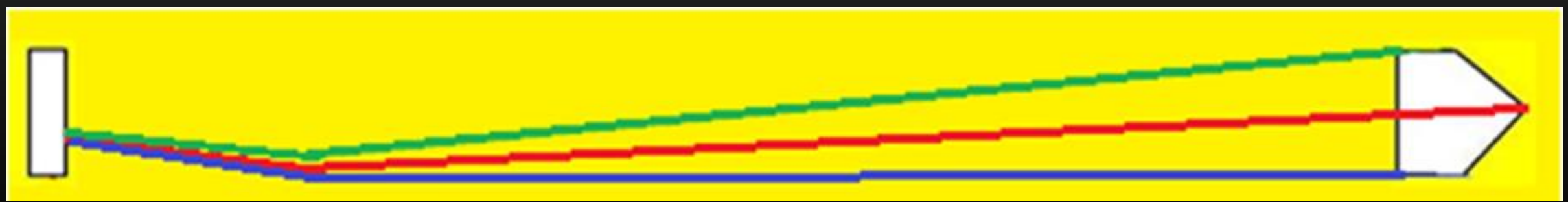
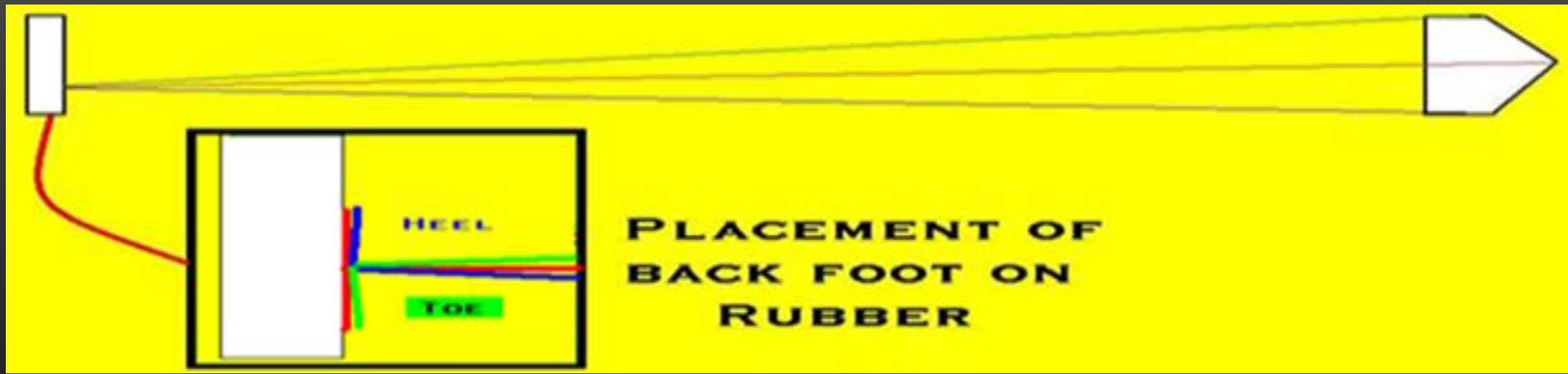




DARTFISH 

**String Demo in
"Common Faults and Correction"
DVD**





Boxed – Boxed **IN** - Boxed **OUT**





• Low and High intensity

- Adjusted TMP
- “L- catch” series - L- Catch facing partner x 5
- L – Catch with rotation x 5
- Balance Phase 3 Catch x 5
-
- “Heel Click – Go” Work to 90 feet x 16
- Partner down return 90 feet x 8
- 80 feet x 6
- Leg lift explode 70 feet x 6
- 60 feet x 6
- Head down –“Pick Lanes” -60 feet x 8 FB’s
- x 6 CH’s
- x 6 CB’s
- Flat ground set GS FB’s x 2
- Hands FB’s Standing x 4
- Tilts R/L x 4
- DBL’s F/CH x 4
- Tilt BB Combo x 4

1 minute

4 minutes

5 minutes

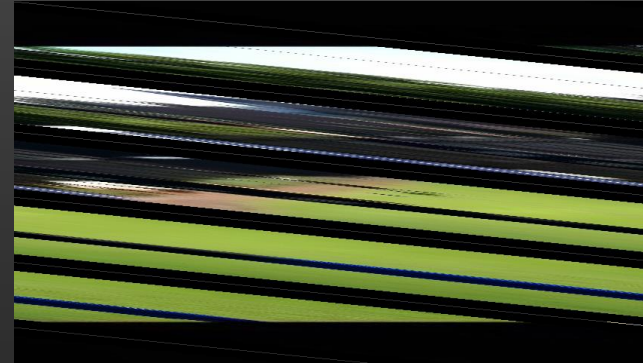
4 minutes

5 minutes

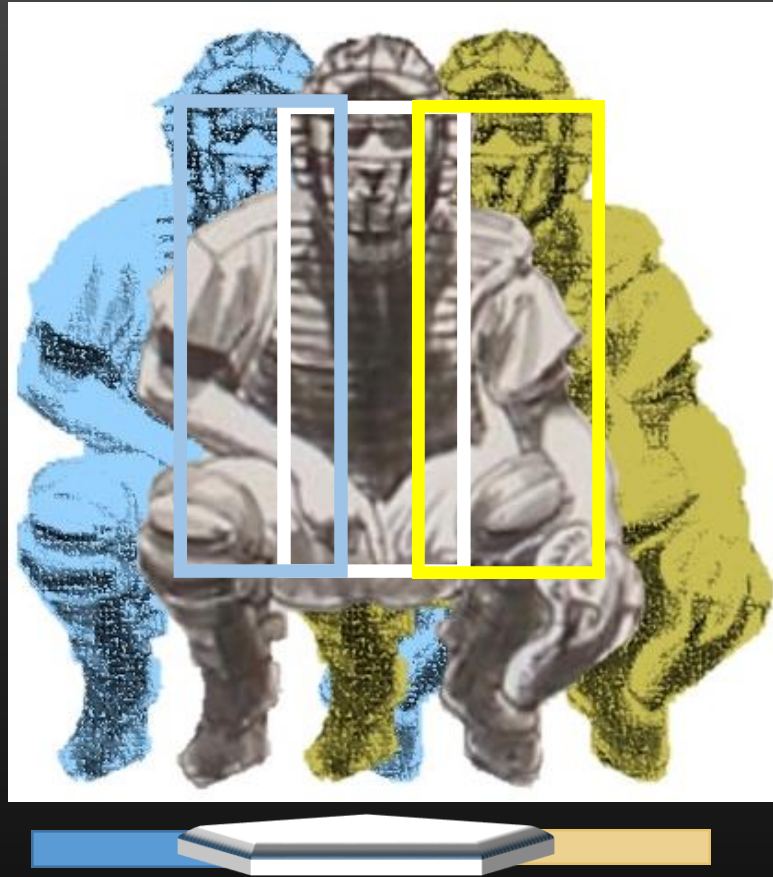
6 minutes

Total 80 or 25 minutes

“Spartacus”



There is not longer a command of simply “in” or “out”



It is now a simple thought of:
“my target will be middle” or “my target will be in” or “my target will be out”

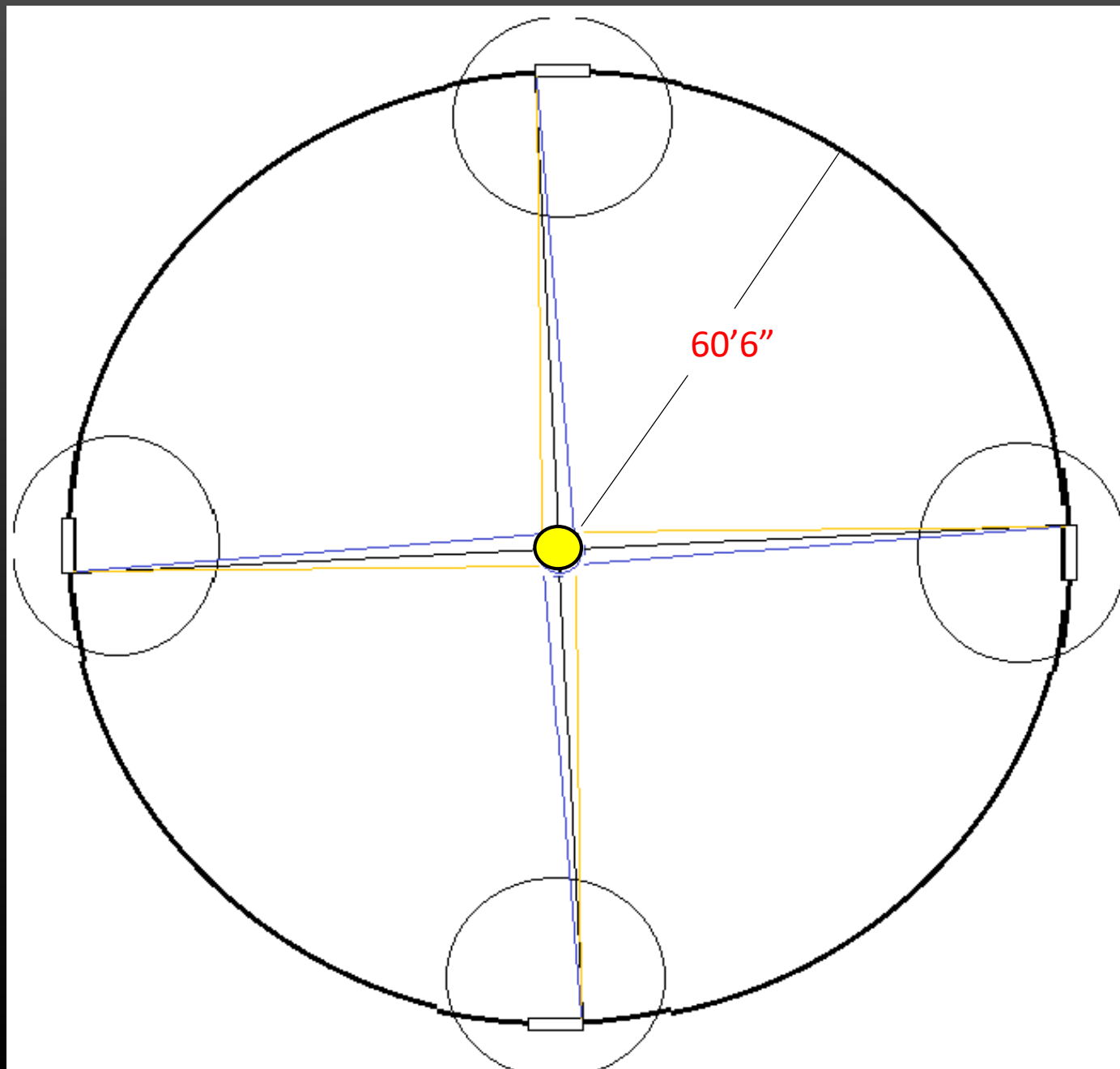
The Change-up

- Back to the beginning – Same process

The Slider and CB

- Back to the beginning
- Slightly different process
 - Command the breaking pitch to the glove side.
 - Welcome to the power backdoor breaking ball

Now that you know:
Bring back the
Glove-side Set-up and Deception



2 out of 3 Bullpen

One of my Favorite Bullpens – “The 2 out of 3”

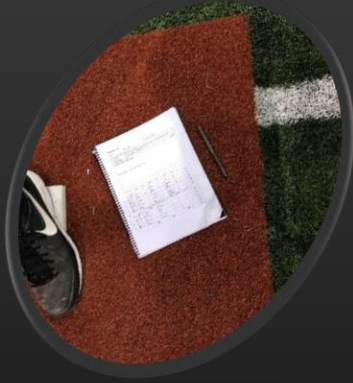
Name:

Hitter	1	2	3	
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3
R L				/3

0-0	-.5	1-0	-.3	2-0	-.3	3-0	1.669
.876		.879		.925			
+1		+5		+0			
0-1	-.5	1-1	-.3	2-1			
.793		.823		.896			
+2		+2					
0-2	+2	1-2					
.375		.410					
+3							
K							
.000							

Count
OPS in count

S-S-S	6
S-S-B	5
B-S-S	2
S-B-S	1.5
S-B-B	-2.5
B-S-B	-3
B-B-S	-3.5
B-B-B	-6.5



Accountable
 Pressure packed
 Competitive
 Sequence minded
 Pitch Strategy

Value of this Pen format

- ATTACK zone early.
- Pen consists of 9 hitters and a total of 27 pitches.
- All 2 out of 3 Pens are not the same
 - Grading pens create a better carry over to game strategy and sequencing.
- Simply put, to have a better preparation in the separating factors for success.
 - See the success prior to the event.
 - To have an understanding of their skillset and executable strategies within their skillset.



"A pitcher who controls the zone is aware of his skillset and creates an approach for that skillset. He dominates 0-0 and 1-1 counts, and has the ability to get back into the count when behind. When he gets the hitter to 2 strikes he has the ability to finish the at-bat. In understanding the game, he can pitch off the plate and around when the situation arises." - *Andy McKay - Seattle Mariners*

Pitching plan philosophy early: "Get hitter's out or on, in 3 pitches and put away in 4."
 Goals to accomplish early within the plan: **1.** Throw first pitch strikes. **2.** Throw 2 out of the 1st 3 pitches for strikes. **3.** Win the 1-1 count. **4.** When ahead, throw snap neck putaways or pressure pitches.

OPS

- 131. K. Davis – OAK - .679
- 132. B. Crawford – SF - .654
- 133. Y. Sanchez – CWS - .638
- 134. M. Smith – SEA - .635
- 135. O. Arcia – MIL - .633

OPS

- 1. C. Yelich – 1.100
- 2. M. Trout – 1.083
- 3. C. Bellinger -1.035
- 4. A. Bregman -1.015
- 5. A. Rendon – 1.010

When AB does NOT end on first three pitches...			
Description	Eventual OBP	Eventual SLG	Ev. OPS
2 of 1st 3 are strikes	.252 <small>15335 / 60825</small>	.338 <small>19387 / 57442</small>	.590
Strike, Strike, Ball	.232 <small>3777 / 16282</small>	.275 <small>4144 / 15067</small>	.507
Ball, Strike, Strike	.256 <small>5485 / 21399</small>	.357 <small>7249 / 20326</small>	.613
Strike, Ball, Strike	.262 <small>6073 / 23144</small>	.363 <small>7994 / 22049</small>	.625
2 of 1st 3 are balls	.383 <small>15321 / 40036</small>	.444 <small>14712 / 33105</small>	.827

When AB ENDS on 3rd pitch...			
Description	OBP on 3rd p.	SLG on 3rd p.	3P OPS
2 of 1st 3 are strikes	.341 <small>5112 / 14997</small>	.528 <small>7790 / 14752</small>	.869
Strike, Ball, Strike	.343 <small>2667 / 7783</small>	.535 <small>4135 / 7730</small>	.878
Ball, Strike, Strike	.327 <small>2317 / 7086</small>	.521 <small>3655 / 7022</small>	.847
Strike, Strike, Strike	.144 <small>1915 / 13295</small>	.209 <small>2772 / 13237</small>	.353
Ball, Ball, Strike	.374 <small>1713 / 4576</small>	.627 <small>2719 / 4336</small>	1.001
2 of 1st 3 are balls	.374 <small>1713 / 4576</small>	.627 <small>2719 / 4336</small>	1.001

0-0 .876	-0.5	1-0 .879	-3	2-0 .925	-3	3-0 1.669
+1		+0.5		+0		
0-1 .793	-1.5	1-1 .823	-3	2-1 .896		
+2		+2				
0-2 .375	+2	1-2 .410				
+3						
K .000						

Count
OPS in count

S-S-S	6
S-S-B	5
B-S-S	2
S-B-S	1.5
S-B-B	-2.5
B-S-B	-3
B-B-S	-3.5
B-B-B	-6.5

Grading Table		
54-----22		A
21.5 -----14		B
13.5 -----1		C
.5 --Below		NTI

1p K's	7-3-4	6-2-6	2-7-5	9-1-4	7-7-0
5/9	7/9	6/9	2/9	9/9	7/9
5/9	5/9	5/9	5/9	5/9	5/9
SSB	SBS	SBS	BSS	SBS	SBB
5	1.5	1.5	1.5	1.5	-2.5
BSS	SBS	BSS	BSB	SBB	SSB
2	1.5	2	-3	-2.5	5
SBB	SBS	SBB	BSS	SBS	BSB
-2.5	1.5	-2.5	1.5	1.5	-3
BSS	SSB	BBS	BSB	SBB	SSB
2	5	-3.5	-3	-2.5	5
SBB	SBB	SSB	BSS	SBB	BSB
-2.5	-2.5	5	1.5	-2.5	-3
BSS	SSS	SBS	BBS	SSB	SBB
2	6	1.5	-3.5	5	-2.5
SBB	SBB	SBB	BSB	SBS	SSB
-2.5	-2.5	-2.5	-3	1.5	5
BSS	BSB	BBS	SSB	SBB	SSB
2	-3	-3.5	5	-2.5	5
SBB	BBB	SBS	SBS	SBS	SSB
-2.5	-6.5	1.5	2	1.5	5
14/27	14/27	14/27	14/27	14/27	14/27
+3	+1	-5	-1	+1	+14

Completed pen and evaluation

Name: *Art Joven*

Hitter	1	2	3
(R) L FBx	-	FBA	+
R (L) FBI	+	SLA	+
R (L) SLx	+	SLA	-
(R) L CHx	-	FBA	+
R (L) CBx	+	SLx	+
(R) L FBx	+	CHA	+
(R) L FBI	+	CBx	+
R (L) CBx	+	FBI	+
(R) L FBA	+	FBI	+
	7	8	

0-0	-3	1-0	1	2-0	-3	3-0	L 000
0-1	+1	1-1		2-1			
0-2	-1.5	1-2	1	2-2			
0-3	+2	1-3		2-3			
0-4	+1	1-4		2-4			
0-5	+2	1-5		2-5			
0-6	+1	1-6		2-6			
0-7	+1	1-7		2-7			
0-8	+1	1-8		2-8			
0-9	+1	1-9		2-9			
0-10	+1	1-10		2-10			

Count
CBS in court

5-5-5	0
5-5-4	1
5-5-3	2
5-5-2	3.5
5-5-1	-2.5
5-5-0	0
5-4-5	-1.5
5-4-4	-0.5

- 8/9 – 2 out 3 battles won
- 7/9 – 1st pitch strikes
- 7-8-6 – Executed pitches – 21/27
- 4 – (+,+,+) = 24
- 2 – (+,+,-) = 10
- 2 – (-,+,+) = 4
- 1 – (-,-,+) = -2.5
- **Score of 35.5**
- Bullpen grade - A

Grading Table		
54-----22		A
21.5 -----14		B
13.5 -----1		C
.5 --Below		NTI

Reading the Delivery

MID POINT BALANCE

Five Movement Areas of Balance

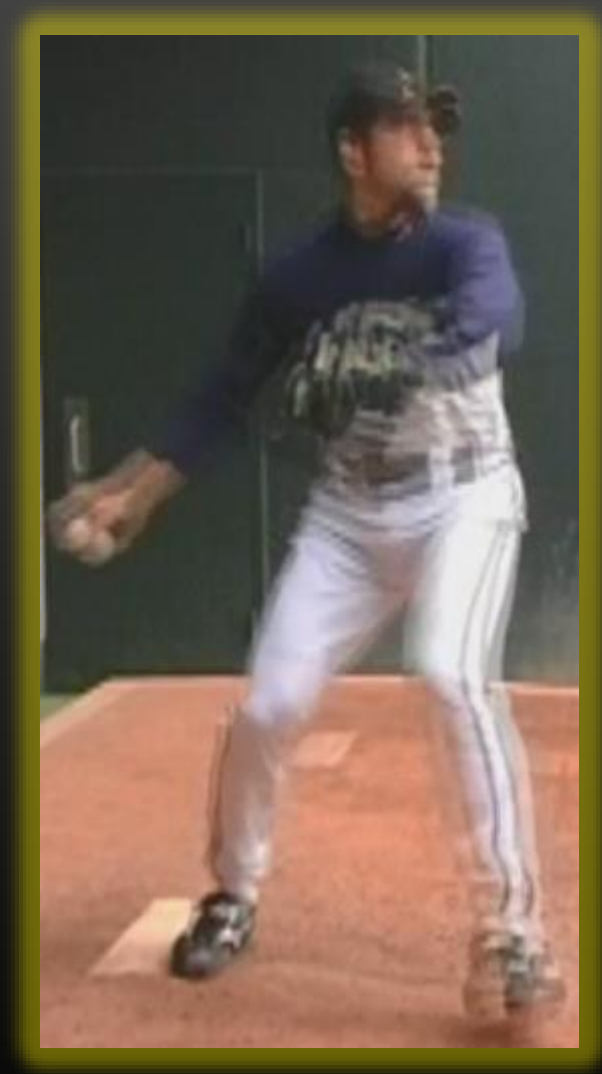
- **Movement Phase 1**
Tradition lift position
- **Movement Phase 2**
Position of body at Separation
- **Movement Phase 3**
Position of body at stride foot plant
(Power or launch position)
- **Movement Phase 4**
Position of body at Release
- **Movement Phase 5**
Position of body at Finish

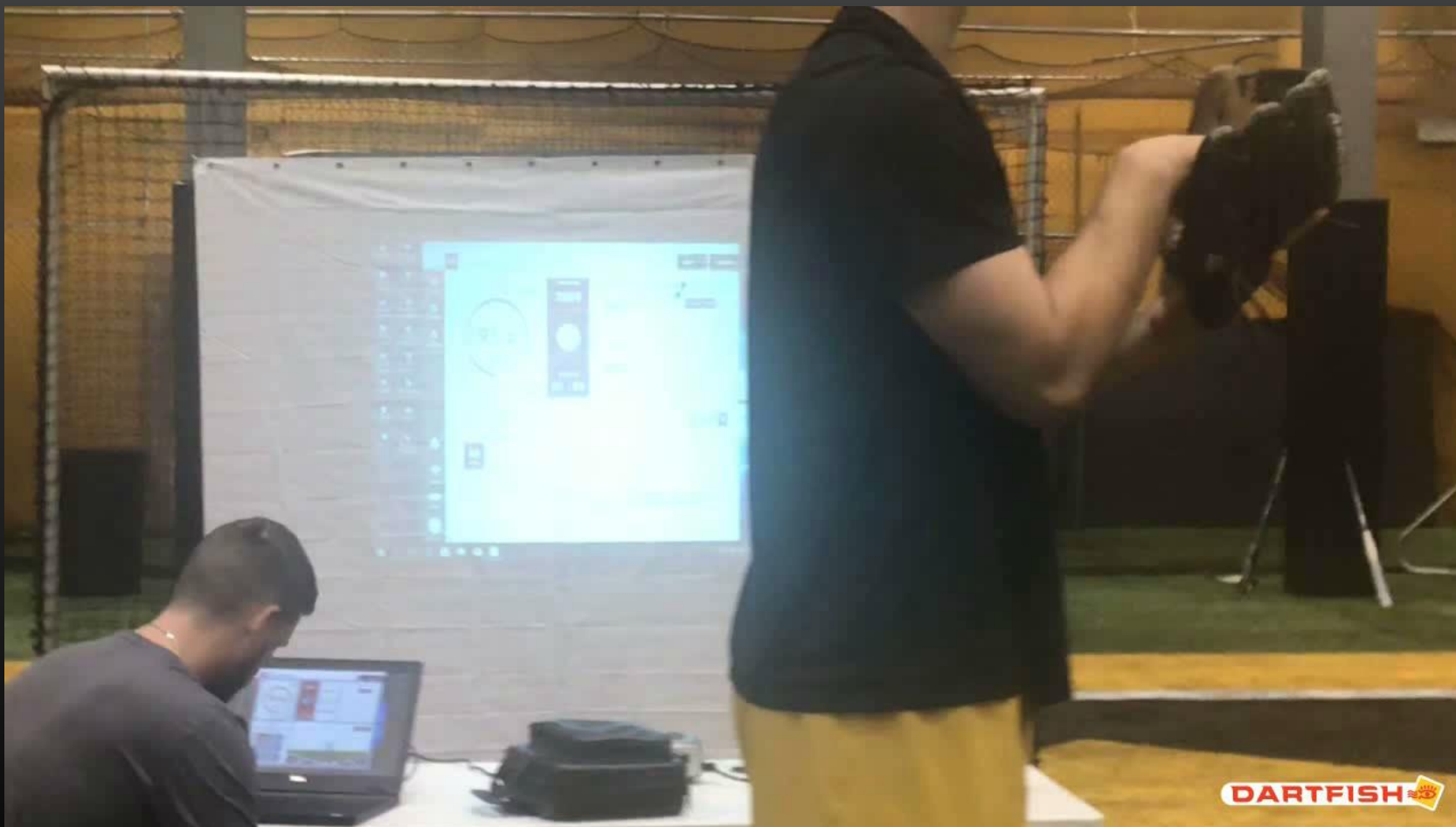


Wind-up

Stretch

WU&ST





DARTFISH

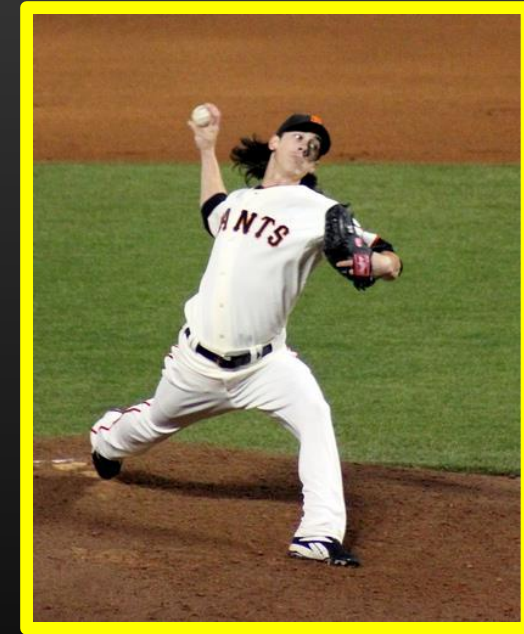
The Reality of the Hip to Shoulder Separation

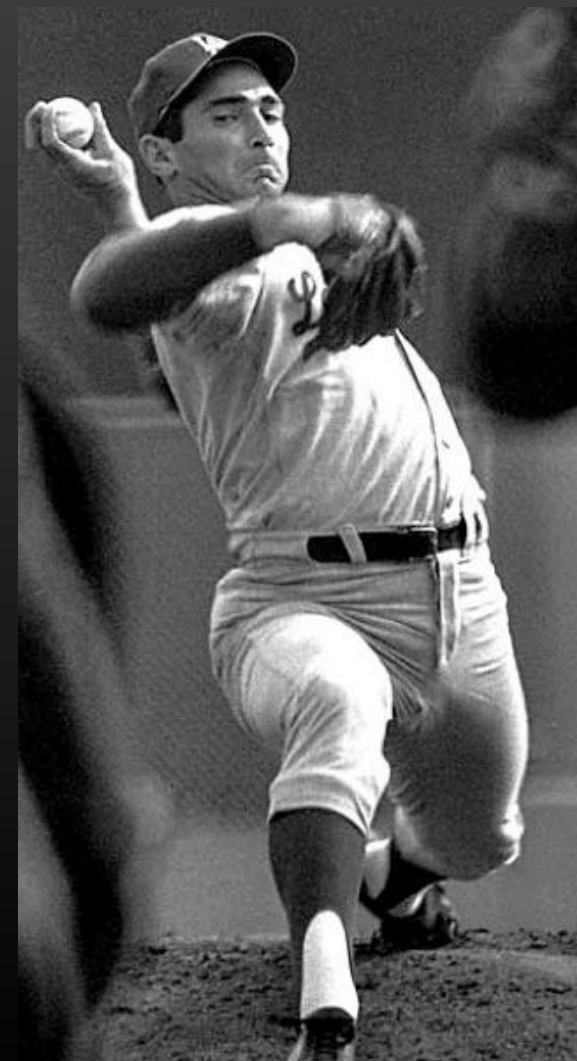
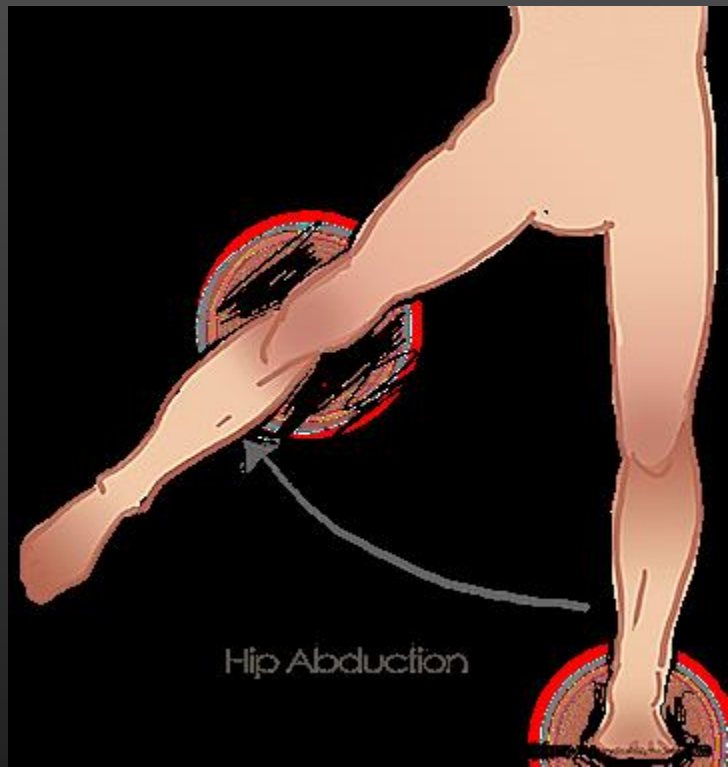
Why does it happen?

What causes it?

The answer is simple

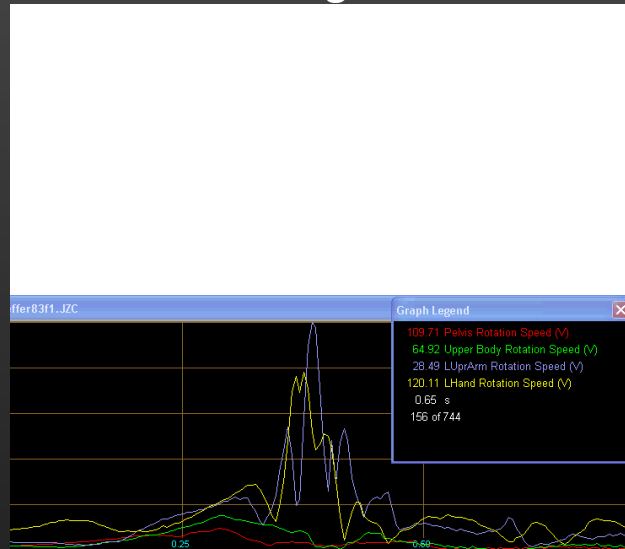
Hip to Shoulder Separation - An ACT or RESPONSE?





Hip to Shoulder Separation tidbit

83 MPH Long Stride



87 MPH Shortened Stride

