

How To Use Pitching Charts

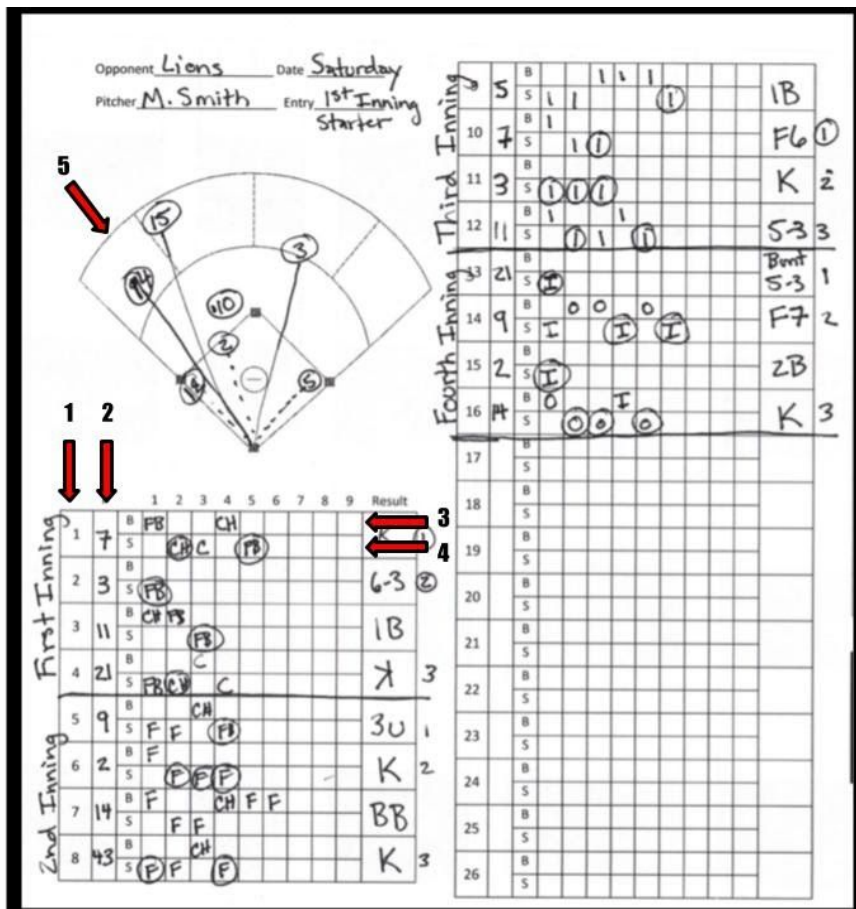
It is not important what system you use to track pitches. Just find a system that you and the pitcher can understand and be consistent! Use the example chart below. Each inning is scored differently as also described below.

First Inning: Someone keeping the charts that knows what pitches are called

Second Inning: Pitcher only throws Fastballs and Change Ups

Third Inning: Someone only tracking Balls and Strikes

Fourth Inning: Tracking Inside and Outside



Key:

- Counting AB
- Jersey number
- Ball Row
- Strike Row
- Spray chart

Spray Chart:

Solid Line = Line Drive

Dotted Line = Grounder

Dot = Pop Up

How to Complete Game Day Performance Plan

The Game Day Performance Plan tracks the pitchers strengths. Pitchers should have at least one pitch on each side of the plate that can accomplish the 3 goals: get ahead, get soft contact, get a strike out. This can be the same pitch on both sides of the plate. Any holes in the plan need to be addressed with your instructor or using our coachataclick.com online distance coaching. This is invaluable information for whomever is calling pitches. This is just an example, the full Game Day Performance Plan is posted on page 7.

Pitchers need to have at least three pitches they can throw on the glove side and arm side of the plate:

1. Something for a strike to use to get ahead
2. Something off speed for contact or a strikeout pitch. This does not have to be a breaking ball
3. Something elevated/high in the zone (hand level or higher) to strike out or set up for a strikeout pitch

The behind/contact pitch needs to be one that:

1. Is well executed by the pitcher
2. Has the highest spin rate
3. Pitcher has the most confidence in throwing

