



● MENTALITY ● GOALS ● MINDSET ●

PITCHING



| Mentality | |
|---|---|
| Compete | Every Pitch |
| Positive Energy & Good Body Language | “Pitch with emotion, but don’t be emotional.” - Max Scherzer |
| Control the Controllables | We Never use the Umpire, Weather, Field Conditions, as Excuses. |
| Attack the Big Box | Don't Need to be Perfect, Don't Give Hitters too Much Credit. |

| Goals | |
|---------------------------------|---|
| GET STRIKE ONE | 92.7% of First Pitch Strikes Lead to Strike One or an Out |
| Win the First 3 | Big Difference Between 1-2 & 2-1. |
| Attack with Fastball | Attack with FB’s, Especially if Hitters Aren’t Taking Competitive Swings on it. |
| Be Efficient | Get the Boys Back in the Dugout. 15 Pitches or Less per Inning. Helps Keeps the Team Engaged Offensively & Defensively. |
| Great with Off-Speed | Change Speeds, Throw What the Hitter Doesn't Want. Utilize changeups. |
| Get the Leadoff Guy | When the leadoff guy is retired, the Odds of Scoring are Cut in Half. |
| Control the Running Game | Give your Catchers a Change. Mix Looks, Holds, Timing, Pickoffs. |

| Mentality | |
|---|---|
| Compete | Every Pitch |
| Positive Energy & Good Body Language | OWN THE BOX |
| Control the Controllables | We Never use the Umpire, Weather, Field Conditions, as Excuses. |
| Breathing / Routines | Stay Present - Control Routine Control Heart Rate - Breathe |

| Goals | |
|-----------------------------------|---|
| YES-YES-YES YES-YES-NO | Expecting to Swing Every Pitch, Until Pitch Tells You Not To. |
| Hunt Speeds | Sit on Pitches and Do Damage when You Get Them. You Can't Hit Two Speeds. |
| TEAM AT BATS | ALWAYS |
| Get the Leadoff Guy ON | When the leadoff guy is retired, the Odds of Scoring are Cut in Half. FIND A WAY ON FIRST BASE. |
| Be Ready to Run | When on First, Find a Way to Second, When You Get on Second, Find a Way to Third. |
| Put up crooked numbers | Let Your Pitchers Rest, Score More Runs. |