

What It Takes to Be A Pitcher!



#1 Pitching takes commitment! If you aren't willing to pitch and work on the mechanics 3-4 times a week, don't be a pitcher. Pitchers must throw weekly to a parent or to a net.

#2 If you can afford it, get a pitching coach! Schedule a lesson once a week or once every other week. Contact Coach Murphy for information on pitching coaches.

#3 It is important to work on the fundamentals such as, release point, wrist snap, step and hand grip. Focusing on the fundamentals and learning them correctly will give you a strong foundation for your spin pitches.

#4 Make sure your control with the fastball and change up are solid before you begin working on other pitches. It is important to have consistency and accuracy, as well as, the ability to hit the corners of the plate and change the speed.

#5 Pitchers must have good, positive attitudes! You are the leader of the team and everyone is looking at you. If you have a bad attitude, your teammates will too.

Montana Messler, Pitching Coach