

Shoot It Inside Out Pitching

1B Shoot It Inside Out Pitching

The purpose of this document is to record my pitching strategy. Because inside-out is the best release when throwing, passing hitting, or pitching anything, it is called “Shoot It Inside Out Pitching”.

Strategic Terms for Technical Goals

With any strategy, terms need to be understood (to understand goals and objectives). So, I will define some strategic terms that will support technical goals, and then add some strategic terms for tactical goals.

Release

The first term is “release”. Release is when you let go of the ball. There are two types of release: outside-in release and inside-out release. Outside-in release is when your fingers are curving in when you let go of the ball. Inside-out release is when your fingers straighten when you let go of the ball. Inside-out release is better for several reasons including: speed, control, and spin or ball movement. Outside-in release is good for slow and mid-speed pitches, where you throw the arm in the direction of the pitch and thumb the ball.

Push and Pull

The next two terms are “push and pull”. When you push anything your shoulders come together in front. When you pull anything with one hand your chest expands and your scapula bones (wing bones) come together in the back. You want to be able to make your pitches break both right and left. Push and pull causes the right or left ball movement. If you are right handed, when you push a ball it tends to go right and when you pull a ball it tends to move left.

Release Foot

The next term is “release foot”. This term concerns the timing of the release, or the foot you are standing on when you release. Timing is very important for both pitcher, and hitter. For control, the pitcher times the release with the release foot. To keep the hitter off balance, change the release foot.

Hand-elbow Position Change

The next term is “hand-elbow position change”. When you swing your arm around in circle, if you begin with your elbow in you will end with your elbow out and vice-versa. Similarly with hand position, if the hand starts out over it will end up under, and vice-versa. The timing of that “hand-elbow position change” (from out to in or from over to under) causes the ball to spin.

Speed Controlled by Feet

The next term is “speed controlled by feet”. To throw hard you pull off the front foot or push off the back foot. To throw soft you reverse that: push off the front foot and pull

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off the back foot. You can also change speeds by adding an outside-in release thumbing the ball, but to keep things simple just use your feet.

Low Release High Release

The next terms are “low release” and “high release”. If you release off the back foot, the release point appears much higher than if you release off the front foot. This point leads to the term “apparent movement.

Apparent Movement

The next term is “apparent movement”. Apparent movement is related to the height of the release point and the batter’s view of the pitch. A person from the sideline can see movement that the batter and pitcher can not see. The trick is to combine release point and pitch location at the batter so the ball appears to snap to the batter. For example: a low drop from a low release appears to snap down late to the batter (and the umpire). Another example: a low drop from a high release appears to drop more than it really does. Because they are moving towards the batter’s eye, with rise balls the opposite is true. A low rise ball with a low release appears not to rise to the batter and pitcher, but the catcher and umpire can see the movement. A high rise ball (out of the zone) with a low release seems to come up early, making it easier to identify by the batter. A high strike rise ball with a low release seems to drop first and come up late, making it hard to identify by the batter.

Timing

The next term is “timing”. As you warm up or get tired, or as holes and ruts develop in your workplace, your timing changes. So, you have to continually measure your timing and improve your workplace. Timing concerns the timing of the release with the pulling or pushing off the release foot. At the same time, it is the integration of the “hand-elbow position change” that causes the ball to spin.

Technical Goals and Objectives

Now that I have introduced some of my terms, here are some strategic goals and objectives:

- Be able to make the ball spin with loose wrist snap.
- Be able to release pitches off both feet.
- Be able to break pitches both left and right.
- Be able to break pitches both up and down.
- Be able to throw rise or drop without any special grips.
- Be able to throw the low rise off both feet (breaking both right and left).
- Be able to throw the low drop off both feet (breaking both right and left).
- Be able to “change up” by reversing the push and pull.

Strategic Terms for Tactical Goals

Those goals concerned technical ability. Next I will introduce some tactical terms concerning pitching situations. To make pitching much easier and simpler, I believe

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these tactics should be known from the very beginning. For example, in the very beginning you want to throw the ball over the plate. These tactics will teach you the easiest way to get the ball over the plate depending on the type of pitch you are throwing. At the same time, tactics will show you want to throw when you want a first pitch strike that will set up your other pitches throughout the count.

Front Corner Pitches

The first two terms are “front corner pitches” and “back corner pitches”. Related terms are “pitches breaking towards (and away from) the middle”. For example: Pitches that “break towards the middle” and “catch a corner” catch the back corner of the plate. Pitches that “break away from the middle” and “catch a corner” catch the front corner of the plate. Aiming just inside the back corner will give you the most room for error.

Back Corner Pitches

Back corner pitches are good for strikes. Because you will probably miss in the direction of the break, there is a better chance of a strike when “breaking towards the middle”. Because of the framing, they are easier for the umpire to call a strike.

Front Corner then Back Corner

As control improves, set up with front corner pitches. In other words, you can throw your first strike “breaking away from the middle” and saving your “breaking towards the middle” pitch for later when you have to have a strike and the batter has to cover the whole plate. Back corner pitches are good late in the count when you need to strikes. With two strikes, the batter has to cover the whole plate. Until you have three balls, you can use pitches that look like strikes to get the batter out. But, with two or three balls, you may want to show him a pitch that looks like a ball coming in, but is a strike. When a batter is covering the whole plate (and beyond a little), then he is vulnerable to a pitch coming into the strike zone. To him in this situation, the pitch is coming in the “back door”. Because the only way to cover that much area is to hit balls on the left side of the plate to the left and balls on the right side of the plate to the right, to cover the balls coming in he is forced to hit with the spin. Normally, to make the ball jump off the bat, you hit against the spin. Hitting with the spin, the ball will spin off the bat. Therefore, (by instinct) many hitters do not swing at them. The good hitters just touch them, knowing they will spin back out of play.

Doubling the Zone

The next term is “doubling the zone”. Before two strikes, the batter may be looking for a pitch coming in, giving the pitcher the pitches that just catch the front corners. Limiting their hitting zone this way, they can hit (against the spin) pitches in their small zone including those pitches just hitting the back corners. To hit a ball well, they want to hit with a short stroke off the back foot, while turning to fit the pitch to their swing. The hitting zone is not necessarily over the plate, but it is in line with the pitches that go over the plate. If a pitcher only breaks the ball one way, hitting against the spin is easy and can be done out of a little zone. But, facing pitches that break both ways (in and out) more than doubles the area the batter has to cover.

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Low Rise Ball

The next term is “low rise ball”. If there is one pitch that I would like to have thrown when the batter knows it is coming it is the low rise ball. I like it because it sets everything up. The low rise ball is the lowest strike you can throw. Because it is the lowest strike where you hit it, it also has little apparent movement so batters tend to pop it up and it is hard to hit against the spin. To hit against the spin on a low rise ball (whether moving in or out) one has to hit down on the ball. Therefore, even though the batter knows it is coming there is a good chance it will be popped up, and a small chance of it going out of the park. Also, showing this low profile pitch sets up the hitter (and the umpire) to see the low drop as a strike. Throw the low rise until people are looking for it, then throw the low drop. You want to get two strikes so you can use pitches off the plate (changes in the dirt, high rises (in and out of the zone), changes and mid speed pitches moving away, and back door pitches) to get people out.

Change-Ups

The next term is “change-up”. Every pitcher needs to use a change-up. Use reverse footwork and a limp wrist so you do not have to show a special grip. Use them after rise balls. Use them when you are behind in the count. It is good to show the other team a change-up sometime in the first inning when they all are watching. You can even do well throwing them for a strike whenever a batter is free swinging. Another reason to throw low rise balls: when the batter is looking for a rise, changeups are great. Change-ups and medium speed pitches make your fast balls look faster. Make your change-ups look like your fast-balls, the reaction of the batters will let you know if they do. If you do it with footwork, there should be no reason to use special grips (which can be seen) on you change-ups.

Tactical Goals and Objectives

In summary of the tactics:

- Use change-ups
- Use low rise balls
- Use low drops
- Expand the zone with pitches that break both ways
- Aim just inside the back corners for a better chance for strikes
- Aim just inside the front corners to get ahead and
- Set up those back corner pitches for when they will work
- Help your team in batting practice by throwing back corner pitches

Summary: Shoot it Inside Our Pitching

In summary of Shoot It Inside Out Pitching, The purpose of this document is to record my pitching strategy. With any strategy, terms need to be understood (to understand goals and objectives). So, I have defined some strategic terms that will support technical goals, and then add some strategic terms for tactical goals.

Here is a list of those terms:

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- Release
- Push and Pull
- Release foot
- Hand-elbow position change
- Speed controlled by feet
- Apparent movement
- Timing
- Front Corner Pitches
- Back Corner Pitches
- Doubling the Zone
- Low rise ball

Here are those goals again:

- Be able to make the ball spin with loose wrist snap.
- Be able to release pitches off both feet.
- Be able to break pitches both left and right.
- Be able to break pitches both up and down.
- Be able to throw rise or drop without any special grips.
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