

## Strikes Around the Edge

The purpose of this document is to define the strike zone. Great pitchers pay a lot of attention to the pattern of their misses. I have been fortunate to see in person at least half of the ISC and ASA Hall of Fame pitchers on the mound. Most of them came to Seattle during my time there to play against [Jimmy Moore](#), probably the smartest pitcher of all time. The key to pitching smart is keeping your misses out of the strike zone middle. When Jimmy pitched it looked like he had perfect control. He didn't, but he knew where his misses would go, so he didn't worry about them slipping into the middle. The purpose of this document is to define how to view the strike zone from the pattern of your misses.

## The edge, Including the Top and Bottom of the Middle

The strike zone has a middle, top, bottom, and two sides. This document will describe how to throw late breaking pitches to everything but the middle. To do this we must be willing to throw strikes at the top and bottom of the middle.

## Break it late with High or Low Release Points

Low release pitches work the bottom of the strike zone, missing on either side but not the middle. High release pitches work the top of the strike zone, missing on either side, but not in the middle. Even though they are breaking all the way, they both appear to break late. Low release pitches are done back-handed. High release pitches are done fore-handed. Low release pitches are gripped with an open palm, and high with a closed. On both the direction of the spin for rise or drop is a result of the placement of the thumb.

## Move it Clockwise off the Left Foot and Counterclockwise off the Right

Whether throwing overhand or underhand, infield, outfield or pitching, we must learn to throw off both feet. In pitching, it expands the batters strike zone by about double. Unless you are twisting with a mid-level release, throwing off the left foot moves the ball clockwise to the right and throwing off the right or back foot moves the ball counterclockwise to the left. For example: if you want to throw two rise balls in a row, throw the second off the other foot to expand the strike zone.

## Summary: Strikes Around the Edge

The purpose of this document is to define the strike zone. Great pitchers pay a lot of attention to the pattern of their misses. The key to pitching smart is keeping your misses out of the strike zone middle. This document is to define how to view the strike zone from the pattern of your misses. This is done by using the top and bottom of the middle.