Pitcher Plans

This is a practice that can be done on the field as well as off. The goal is to obtain mental readiness so the player can execute their plan without thinking during execution. Remember CPT:

**Control –** *Am I in my ready position? Glove on, standing in right area…*

**Plan –** *What’s my play if I get the ball; plan the play before it happens, have a backup plan; if I drop the ball then what?*

**Trust –** *Trust! Trust that you will execute your plan because you’ve already gone over it in your head.*

**Mental Checklist**

1. Control: Am I in my ready position?
2. Plan: If I get the ball. ***Picther strategies***

**NOTE: Before every pitch, make sure you know who’s on base. You never know when you’ll be part of the play.**

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| RUNNERS ON | PLAN | BACKUP PLAN |
| None | Throw/toss to 1B. | Possible throw to 2nd base if runner continues. |
| 1st | Throw/toss to 1B. | Possible throw to 2nd or 3rd base if runners continue. |
| 1st, 2nd  | Throw/toss to 1B. | Possible throw to home depending on if runners continue. |
| 1st, 2nd, 3rd | Depends on where the ball is. Most often, go 1B. If you are fielding in towards home, throw/toss to home. | Go to home to defend base to tag runners that continue. |
| 2nd | Throw/toss to 1B. | Hold ball and possible throw to 3rd base if 2nd base runner goes. |
| 2nd, 3rd | Throw/toss to 1B. | Go to home to defend base to tag runners that continue. |
| 1st, 3rd | Throw/toss to 1B. | Go to home to defend base to tag runners that continue. |

1. Trust!

Mastering the easy outs is a good place to start since they take less strategy. Planning the play can be done on the field and off. As a mental exercise, you can run through plays with your child in the car, on the way home from school or at home for a few minutes. The more mental repetitions they have of thinking the play the chances are higher they will execute the play without thinking once presented with the situation.

**Bunts**

If the batter is bunting or does a delay bunt, you will cover the ball near you or on the 1st base side. Usually get the out at 1B in this situation.