



Pitching Game

Pitching is the single most important position on the field. At ProBall we focus our efforts on proper fundamentals and mechanics, as well as, efficiency, control and power. Our staff believes in molding pitchers to throw with solid mechanics while maintaining each pitchers individual strengths and style. No two pitchers are exactly the same. Therefore, attempting to instruct every pitcher to throw exactly the same way is incorrect. We take each individual pitching delivery and make it as safe, efficient, and effective as possible. We teach our pitchers to maximize velocity, control, and movement by utilizing the entire body when delivering a pitch. Not only does this produce a synergistic delivery that optimizes results, it also allows for stress and strain to be taken off of the arm and distributed evenly throughout the body.

Command:

The number one factor that determines the success and failure of pitchers is command. This is a fact of pitching that is as old as the game itself. The game is designed for pitchers to win more than they fail. When the command or location is executed correctly, pitchers succeed at extremely high rates. Pitchers need to be able to deliver a good pitch in a great spot consistently throughout a game in order to dominate and control the game. So how is this done?

Command improves by correct repetition and muscle memory. A pitcher's delivery is a series of explosive controlled movements that are executed at extremely fast speeds. These "explosive" movements need to be controlled and consistent. The best way to improve this is by correct repetition. The more a pitcher executes his A+ delivery, the more easily repeatable it becomes. If a pitcher is off just a little bit with balance, arm angle, or release point, he will likely miss his spot resulting in lower rates of success. Being able to repeat an individual's correct pitching delivery over and over is vital when attempting to gain command of all pitches.

Another vital aspect of command is understanding and conceptualizing adjustments. Most pitchers do not fully understand the mechanical factor that makes a pitcher throw a pitch outside of the strike zone. Over the course of several years and over 50,000 combined pitching lessons, the pitching instructors at ProBall have been able to not only understand exactly why a pitcher throws a poor pitch, but how to get that pitcher to correct it immediately. We explain to our students why the ball went where it did, and how to make the mechanical adjustment to get the ball back into the strike zone.

Velocity:

When asking our new students what area of their game they would like to improve upon the most, the number one response we receive is velocity. Everyone wants to throw harder. Of course, we all do. Velocity allows us the luxury of not having to be so perfect with our command on every pitch. Velocity is an area of pitching that can be improved with hard work, the right teaching, and time. That being said, all pitchers can not throw 95 mph. We are genetically predisposed to a maximum level of velocity. That number may be 95 mph for a very select few and it may be 85 mph for others and perhaps only 75mph for some. Regardless, our staff will help you attain your personal maximum velocity. We do this by breaking down all aspects of a pitchers delivery that help to promote higher velocities. The creation of velocity is a combination of strength, flexibility, and



mechanics. Within these three categories is a series of subcategories that play an enormous role in velocity. We are able to focus in on the subcategories of mechanics that promote velocity. Through video analysis and consistent sessions we are able to break down, explain, and teach our students how to optimize their own personal top velocity.

Movement:

Perhaps the most underrated aspect of pitching that leads to the highest amount of poorly hit baseballs is movement. Not only movement with off-speed pitches but movement with the fastball. Sandy Koufax once said “I became a good pitcher when I stopped trying to make them miss the ball and started trying to make them hit it.” This quote speaks not only to the importance of location and velocity but perhaps even more importantly to the aspect of movement. If a fastball is the foundation of a pitchers success, than a fastball that moves enhances and stabilizes a pitchers foundation that much more. Achieving movement with the fastball is done mainly through grip. The correct grip and pressure will enhance the movement on the fastball. Getting comfortable with alternative grips will take some time and work however with proper teaching and consistency the grip becomes comfortable and game ready.

Whatever your pitching needs are, we can help. We have helped to develop a number of college and professional level pitchers. We have had tremendous success in improving all aspects of young pitchers and continue to help our pitchers throw harder, throw more strikes, and improve off-speed pitches. We feel strongly about our ability to help any pitcher, at any level, become a better pitcher. Our coaches will customize your lessons to fit your individual needs. Each one of our pitching coaches has competed at the professional level and has extensive pitching backgrounds and knowledge.

Pitching Lessons will cover:

- Our lessons start with an evaluation session. From there, we will work on each aspect of your mechanics that needs improvement.
- Proper mechanics, posture and technique
- Consistent tempo, rhythm and timing
- Increased command of pitches
- Development of new pitches
- Increased velocity
- Video and computer analysis of delivery

Lesson Fees:

One private 30 minute lesson \$45-65

Package of four 30 minute lessons \$160-240