

BASEBALL PITCHING MASTERY



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Introduction

Baseball Pitching Mastery walks coaches through some of the most important basics of coaching pitchers. It starts by breaking down the mechanics of pitching and describing the specifics of each move, including what to avoid and how to fix problems.

This comprehensive report also explains different pitches, their grips, and when to use them, as well as injury prevention and mental preparation. It ends with helpful drills that can be customized to let each coach develop the aspect of pitching that their pitchers most need. From beginning to end, Baseball Pitching Mastery introduces you to the concepts necessary to create a winning team.

Pitching Mechanics

Windup

Stance—The stance is the first part of the windup. It is entirely up to pitchers how they want to stand before the pitch, but there are good and bad points of all stances. For young players, it is best to minimize movement before the pitch, which means having them stand either with both feet lined up or with one slightly behind the other. Young pitchers should have their pitching hand in their glove holding the ball, and the glove should be at chest height. This puts pitchers in the right position to use minimal movement before the pitch.



More advanced pitchers can try any number of stances, including holding the ball in the glove or holding the ball in the pitching hand away from the glove. If pitchers do not have the ball in the glove, they should use the same grip on as many pitches as possible to avoid giving away what pitch they are going to use.

Back Step—The back step is the second component of the windup. A common problem to the back step is taking too far a step, which leaves pitchers off balance and forces them to correct their weight while on one leg. The front leg, which did not step back, should turn and become parallel with the pitching rubber, which puts that leg in perfect position for the kick.

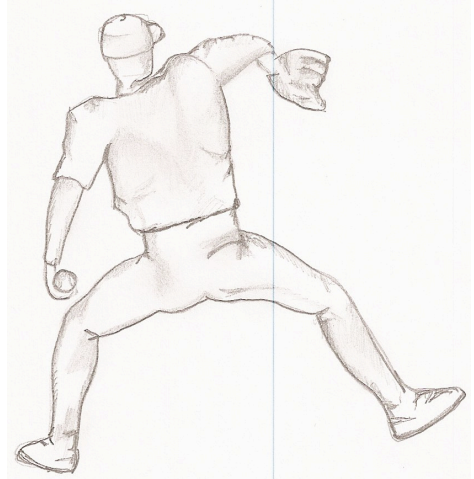
As the back step happens, the arms will do one of two things. Some pitchers prefer to bring their arms overhead before they pitch. Others keep their arms in close, at waist-height. Either method is fine, and pitchers should be encouraged to develop the style that suits them best. There is no “best” way, it is simply a matter of finding a rhythm and sticking with something.

Kick—After taking a back step, pitchers will then draw the front knee into their chest. Pitchers should aim to have their leg parallel to the ground or even higher, because this gives them the momentum necessary to launch the ball forward. As they pull up the front leg, their body should natu-

rally pivot away from the batter toward the outfield. This movement should be made primarily with the lower body, however. The shoulders should stay as fixed on their spot as possible.

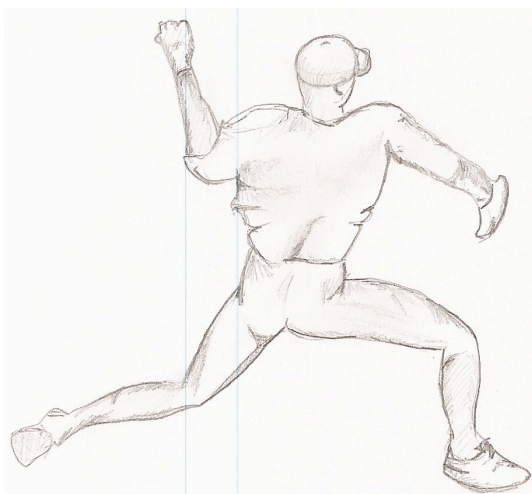
As the pitcher takes his leg up, his body will be sideways to the catcher. When he pivots back, his shoulders should remain, as much as possible, in that original spot. Coaches should work with players to ensure that they are able to hold and balance on one leg. Pitching is all about control, and pitchers must be able to control their body at all points of the pitch. If a pitcher cannot hold his kick without wobbling, work to fix that first before moving on.

Finally, the bottom, supporting leg should be slightly bent, not locked out entirely. Though a pitcher might have better balance with a locked-out supporting leg, they will quickly injure themselves by using this habit. Help players stay active and healthy by requiring that they bend the supporting leg just a little.



Stride

The proper way for a right-handed pitcher to begin the stride is with the side of his front foot facing the catcher and his toes facing third base. This forces the hips to stay closed until the final part of the swing. During the stride, the pitcher should be facing to the side, with his side facing the catcher. Doing this improves the pitcher's torque throughout the pitch and release.



The feet should be low to the ground during the stride so that the shoulders stay level and the pitcher maintains his balance. This length of the stride should be 80-90% of the pitcher's height, though some pitchers prefer to take a longer stride. As with most things in pitching, pitchers must play with variations of moves until they find what works best for them and their rhythm.

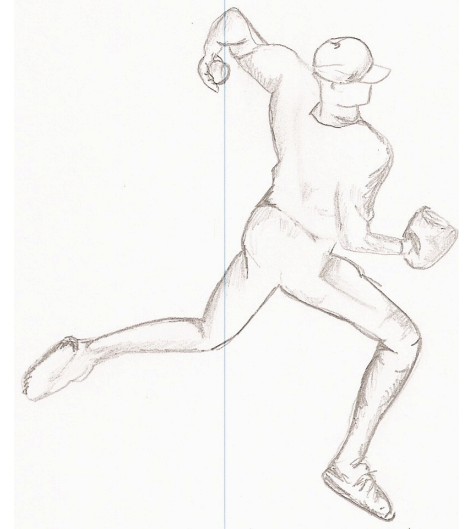
As the foot is moving forward through the stride, the pitching arm moves back and down, to begin the circular motion preceding the release. The arm will start nearly straight, but never locked out, at about a 45 degree angle from the ground. The arm moves back and up until it is parallel to the ground. This is just about when the striding leg hits the ground.

To step successfully, the striding leg should land facing the catcher. This means that the hips do open directly to the target and the toes are pointing to the catcher. At this point, the pitching arm will be near the top of the swing.

The glove arm moves in front and stays about at shoulder height while the pitching arm is making its circular motion. This helps the pitcher get a wider stance, helps him balance, and gives him additional momentum during the pitch.

The striding foot should land in a deep lunge, with the thigh almost parallel to the ground. The back foot drags along the ground to keep the pitcher from leaping in the air, which is illegal. At no time can the pitcher be completely off the ground, so the back foot must drag against the ground.

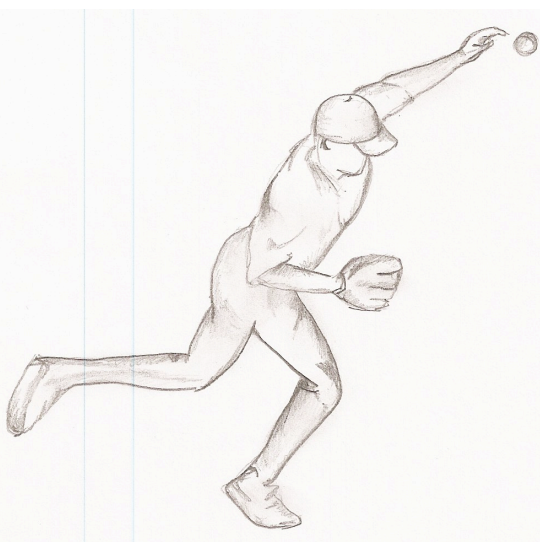
Some pitchers find it hard to keep their back foot on the ground because of the momentum they have during the pitch. To keep the pitcher grounded, coaches should watch pitchers to make sure they are not pitching too high. This includes the knee bend when the striding foot hits the ground and the level of the shoulders during the pitch. If pitchers cannot keep their back foot on the ground, they should deepen their landing.



Tip: If pitchers fall off the mound, this is probably due to the fact that they are digging too deep with their back leg. Driving too hard off the back leg will cause the arms to be behind the legs, forcing the pitcher off balance and leading to them falling off the mound.

Release

As the striding foot hits the ground, the pitching arm is at its highest point in the circle. Until this point, the arm has been traveling back and up. It now turns over and begins moving forward, leading to the release.



This turning over of the shoulder is where much of the pitch's power comes from.

At the turnover, the pitching elbow leads the way with the hand following behind and slightly higher. When the pitching arm comes in line with the body, it is time to release the ball.

The pitcher absolutely must flick the wrist to release the ball. Failure to release the ball through a wrist flick puts the player at risk for shoulder and elbow injuries.

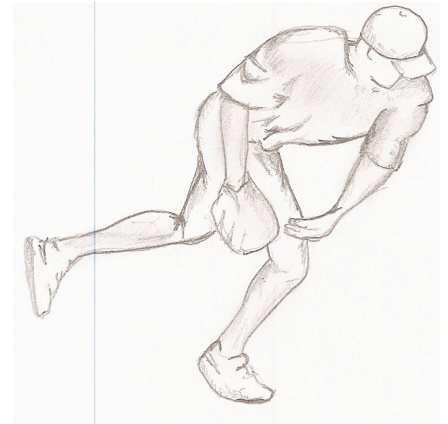
It also decreases velocity and makes the ball easier to hit.

The flick should come down and across the body as the pitcher finishes the circle.

This is a natural motion that prevents injury and allows the elbow to break outside the shoulder, which until this point has not happened.

The entire sequence of correct pitching mechanics may seem like a lot to remember, but with consistent practice, your pitchers will retain it all as “muscle memory” and not even have to think about each specific movement independently.

Towards the end of this report, I have provided you with several drills you can use to practice each element of the stance, windup, stride and release. Repeat these key points with your pitchers often, and you’ll be impressed with the fast results you’ll see.



For more tips on pitching mechanics, including step by step video instructions, drills, and coaching strategies that will have your pitchers throwing harder and with more accuracy, check out George Horton’s Defensive Baseball Secrets DVD Package here:

<http://www.coachkennybuford.com/ar/horton.html>

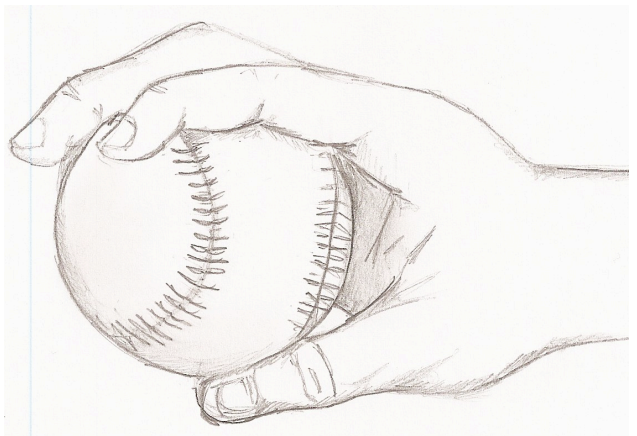
The 6 Key Pitches

Four-Seam Fastball

The four-seam fastball is gripped across the seams, so that all the seams are touched by the fingers. This ball breaks up and has a fast, backward spin. To properly grip the four-seam fastball, pitchers should place their index finger and middle finger about $\frac{3}{4}$ of an inch apart on the same seam. The thumb supports the ball from underneath and is directly on bottom of the middle finger. The fourth finger grips the outside of the ball.

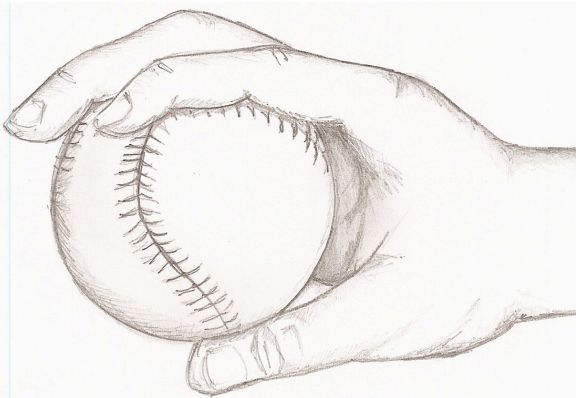
To properly throw a four-seam fastball, the fingertips must support the ball, not the palm. If the ball is held too deeply, the release will not be fast enough or powerful enough to generate the momentum necessary to be a true fastball. To expand on this concept, there should be space between the ball and the palm. This reduces friction between the pitcher's hand and the ball and allows for maximum speed.

The four-seam fastball is a great pitch for when the pitcher wants to dominate the hitter with speed. This pitch allows pitchers to release with their maximum velocity and is usually the fastest pitch they can throw.



Two-Seam Fastball

The two-seam fastball is a bit harder to control than the four-seam fastball. It moves more on the pitcher depending on the velocity of the pitch, the exact finger placement, and the arm slot angle. Because this pitch is more variable, it is not a dominant pitch in use.



The two-seam fastball will break down a bit because of the pitcher's grip. It has the speed of a fastball but is similar to a screwball in motion. To grip a two-seam fastball, pitchers find the "narrows," where the seams are closest together, and grips those seams with the index and middle fingers, placing equal pressure on both. The thumb grips from underneath, at the apex of the "U." The best grip comes when the outside of the pad of the thumb grips the "U."

The two-seam fastball is gripped slightly deeper in the palm to increase control, but decrease speed. This de-

crease in speed is not ideal, but it tends to happen because of the increased friction between the hand and the ball.

The two-seam fastball, because it has more movement, often results in a ground ball instead of a fly ball, because the batter does not hit it perfectly on. This is a good pitch to use to help out the defense, who are able to defend better against a ground ball than a fly.

Slider

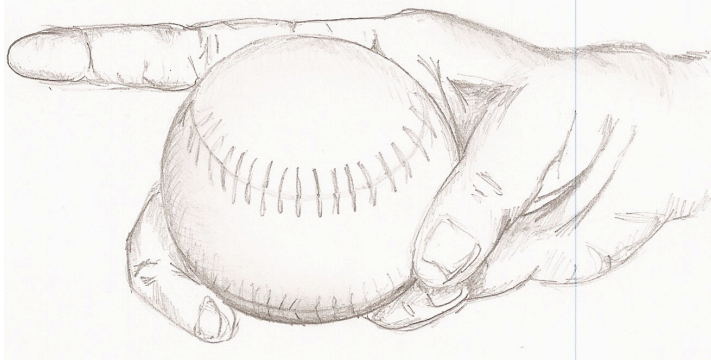
The slider is a pitch that is halfway between a fastball and a curveball. A slider will break down and sideways, but with more speed than a curveball. The break of the pitch is also shorter than on a curveball.

To grip a slider, most pitchers place the middle finger just before the “narrows,” or the part of the ball where the seams come closest together. The index finger rests next to the middle finger. The fourth and fifth fingers are on the smooth leather, on the other side of the narrows. The thumb grips just on the inside of the opposite narrows as the middle finger.

The basic slider grip looks like a two-seam fastball grip, but the pressure is on the middle finger. As the pitch is released, the pitcher should focus on “cutting” the ball, rather than “twisting” it. This will create a short, quick break, and avoid the serious elbow damage that may arise from twisting the ball.

Beginner's Curveball

The curveball is the perfect pitch to use when a pitcher has two outs, because it often convinces the batter to chase the ball, even when they are not going to hit it. The curveball is different from the fastball because it has forward spin, created when the pitcher rolls his palm and fingers over the ball when releasing it. This forces the ball to break down and sideways at the end, causing it to curve.



For players younger than 15, I prefer to teach a beginner's curveball grip. Have your pitchers grip the baseball leaving the index finger off — as though they were pointing. The index finger will use used to aim the pitch at the target.

Next, have them place the middle finger along the bottom seam of the baseball and place the thumb on the back seam. The ball should be “choked” – gripped back in the hand rather than with the fingertips.

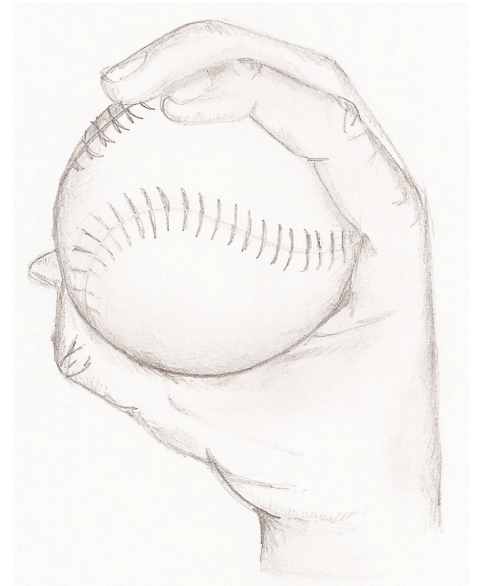
When this pitch is thrown, the thumb should rotate upward, and your middle finger should snap downward while the index finger points in the direction of the target. Pitchers must remember

Mature Curveball

As players increase their elbow and shoulder strength, and are able to throw the beginner's curve with consistency and accuracy, you can introduce the mature or "straight" curveball.

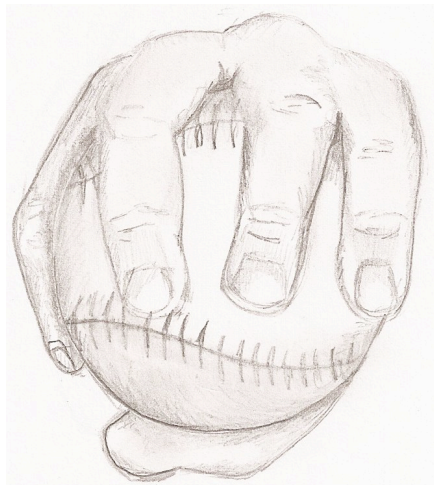
The grip is virtually the same as the beginner's curve, but the index finger is now placed on the ball, directly beside the middle finger.

Release the ball with the same motion, remembering to keep their elbow up and to pull their arm throughout the pitch. This will help it snap into motion on the release.



Three-Fingered Change-Up

A good change-up is essential for every aspiring pitcher. The most common grip is a three-fingered grip, and the ball is held closer to the palm than normal to keep it from gaining as much speed as a fastball.



The point of the change-up is to confuse the batter and mess up their timing. The change-up is thrown like a fastball but is actually about 6%-10% slower. This forces the batter to prepare for what he thinks is a fastball but then wait until a slower ball reaches him, often forcing him to swing too soon out of habit.

A change-up is a great second pitch to have in a pitcher's repertoire because it does not injure the arm. It puts no more stress on the arm than does a fastball, so it is safe to use frequently and is not too difficult to learn.

Pitchers properly grip the three-fingered change-up by placing their index, middle, and fourth fingers on top of the ball, separated by a little space.

The thumb and pinky fingers come together underneath the ball on the smooth part of the leather. The ball is held deep in the palm of the hand to maximize friction and reduce speed, which is desirable with this pitch. Everything else should stay the same about the change-up; it should look and feel like a fastball, but simply not have the same speed.

Preventing and Treating Injuries

Prevention

One of the biggest ways to prevent injuries is to have pitchers complete one fluid motion. If they stop the movement at any point without allowing the momentum to carry through the body, they will force joints to crush together and eventually lead to injury.

This leads us to talk about follow-through. Even after the release, the pitch is not finished. Pitchers must continue the motion until they diffuse all the energy they built up. For many players, this means that the back leg comes up and around. It also may mean that the pitching arm continues down and across the body and the glove arm passes back to counteract the motion of the pitching arm.

A solid follow-through is essential for the health of your players. As you prepare them for games and tournaments, do not allow them to stop the motion after the release. If you put attention on this habit during practice, players will be more apt to apply it to their performance during a game or tournament.

The most common causes of pitching injuries are:

- Overuse
- Lack of proper conditioning
- Improper throwing mechanics
- Overload

Overload is pitching too much in one outing. The overload limit is different for every pitcher, and both pitchers and coaches must be aware of a pitcher's limit so that they prevent injury by pulling the pitcher before that point. Regardless of a pitcher's desire, if you as a coach know how much your pitcher can handle, it is your responsibility to take your pitcher out to protect their health.

Overuse is pitching too often without enough recovery time. Each pitcher needs a cool down period after pitching and needs to allow the arm enough time to rest after a hard pitching session. There is, again, no hard-and-fast rule about how much a pitcher can handle, so coaches must be in tune with their pitchers to prevent injuries.

The lack of conditioning involves several things. Conditioning is proper strength training to improve the health of the arm and the strength of the pitch. It also includes proper warm-up and stretching so that the arm is ready to go for every game. A warm-up should start with exercises to wake up and warm up the muscles without working them very hard. Then, the pitcher should do light stretches to ensure that the arm is limber and ready to go. At the end of the workout, the pitcher should do more extensive stretching to loosen the muscles and relax them.

Improper throwing mechanics are the final reason for common injuries. When players compensate for any reason, try to improperly extend their motion, or fall into bad habits, they risk injury because of the pressure they put on improperly trained parts of their body. Especially with compensation, if pitchers back off one area of their pitch, it puts pressure somewhere else if they are to maintain their current level of speed.

Treatment

Ice is a fantastic way to reduce swelling and help pitchers recover quickly. Some coaches encourage pitchers to ice after each workout, but this is not necessary if the player does a complete cool down and proper warm up.

In general, a player should stretch fully after a workout. However, if a pitcher does stretch or pull a muscle, they should NOT stretch that muscle. This only weakens the muscle and prevents its normal healing. Pitchers should let the muscle heal itself and help by applying ice for short periods of time.

If an injury does not heal within a few days without movement, the pitcher needs to see a medical professional. This could be signs of a more serious injury that could require immobilization, physical therapy, or surgery. If in doubt, always refer a player to a medical professional instead of putting them back in practice. It is always better to rest the body instead of pushing it harder.

Perfecting the Mental Game

Not everyone will admit it, but pitching is as much a mental game as a physical one. Without concentration and focus, pitchers will lose their aim, power, and element of surprise. To help players develop the mental toughness required for tournament and game play, coaches should work them to discover their breaking point and how to avoid it.

The breaking point is the time when the pitcher can no longer pitch effectively because of outside factors. These factors can be bad calls by the umpire, jeers from the crowd, several bad pitches in a row that break the pitcher's confidence, or other distractions. Test your players to know what their breaking point is, so that you can monitor their concentration level and make adjustments as necessary.

There are several ways you can help pitchers prepare for situations that will test their patience and focus. Encourage pitchers to discover if any of these methods help them stay calm and "in the zone:"

- Meditation
- Visualization
- Deep breathing
- Repetition of a key motivating phrase
- Listening to music
- Developing a routine for pre-game activities

Thinking positively is also a huge part of being a successful pitcher. Set an example among pitchers by using positive words and phrases that help them develop instead of break them down. When you hear a pitcher making negative comments, remind them of the importance of positive thinking and see if there is a way to help the pitcher resolve the situation.

Encourage pitchers to pick a power word. This should be a word that inspires confidence, energy, and power. When players are getting off track or are having a hard time pitching consistently, they can go back to that power word and gain strength from all it implies. Imparting this type of mental routine and practice can go a long way to helping a pitcher become mentally prepared.

In practice, make it clear that pitchers are to play as if it is a game. By practicing their mental routines, they will become more able to keep that focus even with the normal distractions of the game. By practicing how they play, pitchers will learn how to best motivate themselves, adjust their routine, and regain focus when it is lost. Players with that self-awareness are light years above their competition in terms of preparation and level of execution.

Finally, when you see a pitcher who is not mentally in the game, remove them from the mound. The mental aspect of pitching is so important that it is detrimental to the game and the team if you allow a pitcher to play who is not mentally prepared. Give that pitcher time to clear his head of all distract-

tions and find peace and calm before returning to the mound. Only those with clear heads and mental endurance will have the strength and agility to be successful pitchers.

Drills

Practice is the only way to ensure that pitchers really learn and understand the mechanics of the game, so we provide drills meant to help players develop technique, speed, and correct form. The drills are broken down by components. Some drills work only on the foot pattern. Some work only on the arm rotation. Some put everything together and work on the pitch as a whole. By providing separate drills for separate pitching components, the coach is more able to tailor practice to the needs of his team.

Use these drills as you see fit. Adjust them to your team and don't be afraid to pick only one area of the pitch to work on at once. With the level of customization provided, you can help players develop the skills that they personally are most lacking in while still maintaining your commitment to develop all pitchers in all areas of the game.

Leg Drills

Balancing Act—This very simple drill forces pitchers to develop a sense of balance during the kick. Pitchers should move through their routine and stop when they get to the kick, holding that position for five seconds.

If players find that they are unable to hold the position, they will also be unstable during the stride and release. The following tips can help pitchers find and maintain balance:

- Tightening the abdominal muscles
- Ensuring that the shoulders are in line
- Bending the supporting leg
- Ensuring the hips are in line; the hip on the kicked leg should not be higher than the supporting hip

Hip Movement Drill—To help pitchers involve their lower bodies sooner, they can work on pushing the hips forward before the knee lift gets to its highest point. This will force the striding leg to come down faster and help get more power behind the pitch.

To do this drill, players stand perpendicular to a chain link fence with their glove side closest to the fence. They should be about 8-12 inches away from the fence. This drill simply involves picking the kicking leg up and leaning into the fence just before the knee reaches the top of its kick.

The fence simply helps because it allows players to feel the forward motion without having to complete the pitch. It also supports them and lets them fall without fear.

Knee Kick Drill—To teach pitchers to stay tall during their pitching motion, many players practice the knee kick drill. The coach should stand to the side of the pitcher but near enough that they can

touch with the coach's arms extended. The pitcher should take his balance position, with the knee kicked in the air.

The coach measures where he wants the knee to end up at its highest point and holds his hand there to measure. Then, without a ball, the pitcher goes through his pitching motion, making sure to kick the coach's hand with the top of his knee at his highest point in the kick. If the pitcher is consistently not kicking the coach's hand, he needs to work to stay tall during the entire motion. Crumpling down together will keep the pitcher from putting his whole momentum into the pitch.

Arm Drills

Hand Synchronization Drill—To help pitchers develop a rhythm for the beginning of the pitch, have them start with their hands together and practice bringing the glove elbow up while the pitching arm assumes the cocked position.

The arms should move together in a fluid motion. If one hand moves before the other, it will cause the rhythm of the pitch to be off as well as throw the body's balance off. Once pitchers can synchronize their hands, you can have them add in the step back and the kick, to help pull the move together.

Follow-Through Drill—Pitchers start on their knees. They go through the pitching motion and just before they release the ball, they stand back up. This encourages them to break at the waist to help the ball get further and it promotes proper follow-through.

Breaking at the waist helps the body get behind the ball during the "flick." As the wrist flicks, the body bends forward at the waist. These movements together force the ball away from the hand without pushing the ball or aiming it towards its target. It simply gets the ball in the vicinity and forces it away from the pitcher's body. This maintains its speed and makes it harder to hit.

One Knee Drill—Similar to the Follow-Through Drill, this drill starts with the pitcher on his knees, but with only one leg down. The knee he kneels on should be his posting leg, so for right-handed pitchers the right leg and for left-handed pitchers the left leg.

Pitchers go through the whole pitching motion using only their arms. This forces the pitcher to develop proper arm mechanics for the rotation and encourages the pitcher to develop a good follow-through across the body.

High Arm Drill—This drill specifically teaches players to get on top of the ball and release it when their arm is high. The pitcher starts with his feet wider than shoulder-width and with the front foot facing the target. This is a permanent position, so the legs will not be moving during the drill.

The pitcher starts with his throwing elbow at shoulder height, which puts the arm into the high-cocked position. At this point, a right-handed pitcher should be showing the ball to the short stop, and a left-handed pitcher should be showing it to second base.

The glove arm should also have the elbow at shoulder height, with the elbow pointing to the target. To release the ball, the pitcher simply rotates the glove elbow back while rotating the hips forward. To give the ball any power, pitchers have to have a tremendous flick of the wrist, since they are not moving their pitching arm at all. This also forces them to use their hips for power and follow-through properly by bending at the waist.

Complete Pitching Drills

Crossbar Drill—To help with accuracy, have pitchers pick a point about 60 feet from themselves and pitch to it rapidly, seeing how many times they can hit the object. This is called a crossbar drill because it works well with the crossbar of a soccer goal.

This drill should encourage speed and accuracy. Pitchers should be required to hit the object a certain number of times before stopping, or before they miss. For example, a drill could require that pitchers hit their object 15 times before they miss 3 times. If they cannot make their requirement, the count starts over.

Towel Drill—This well-known drill helps players snap their wrists and put the pitching motion together. Pitchers start with a small towel that they tape in the center and at the ends to keep it from flying apart. Pitchers should then lay down and make a line of tape from one end of their body to the other, to get a good sense of distance.

Next, players place a chair at one end of the line and they stand at the other end. There should be a line of tape down the center of the chair as well. Pitchers take a stride and practice snapping the towel down onto the center line of the chair.

Bullpen Drill—Some pitchers have a hard time throwing in games but are great in the bullpen. If this is because they are afraid of hitting the batter, there is an easy way to fix this. In the bullpen, have an adult stand in both batter's boxes, so there are essentially two "batters." The pitcher is forced to pitch straight down the middle so as to not hit either batter.

After the pitcher can lob the ball down the middle, increase the intensity by having them add velocity. When they are comfortable here, have one adult crowd into the plate a bit. When the pitcher can comfortably throw strikes, have the other adult crowd the plate. With this progression, pitchers can quickly learn how to throw in the strike zone without hitting the batter.

Conclusion

Pitching is as much an art as a sport, and this guide was intended to help you coach your pitchers through the necessary movements they take to complete a perfect pitch. From the beginning movements to the follow-through, balance and proper mechanics are essential to making a successful pitch.

There is also a strong mental component to pitching. Games can be extremely difficult to concentrate in, but unfocused pitchers can be deadly to a team's chances. To help pitchers prepare for these high-stress situations, coaches can work with them to make every practice feel like a game, discover their breaking points so they can be avoided, and teach mechanisms to help players stay calm and focused while in the game.

The drills presented will help coaches maximize their practice time by targeting the areas their team most needs practice in. From knee kicks to bending at the waist to consistent aim, the drills are designed for customization so you can work on what your team most needs.

Now, you are armed with the mechanics, tips, tricks, and drills necessary to create and maintain a deep pitching corps that pitches successfully every time!

Recommended Resources

The Coaching Essentials:

Baseball Drills & Practice Plans - Would you like to have 25 pre-designed practice plans at your fingertips? My ebook, "Baseball Drills & Practice Plans" is jam packed with over 50 unique, fun and effective baseball drills. The drills are fully organized into clipboard-ready practice plans... so you can prepare for practice in just 5 short minutes. Includes baseball tryout plans and my own "Team Selection Matrix". Perfect for the beginner coach looking to get organized, or for the experienced coach looking for fun, innovative ways to teach fundamental baseball skills. (\$34.68)

For more information visit:

<http://www.coachkennybuford.com/ar/drills.html>

Baseball Blueprint - Designing your own animated plays and drills can be as easy as 1-2-3. Baseball Blueprint software allows you to create stunningly effective animated drills and plays and share them with your team in 3 super easy steps. (\$197)

For more information visit:

<http://www.baseballblueprint.com>

Online Clinics:

Underground Hitting Secrets Clinic - Every book, magazine article, and instructional video is just dead wrong about hitting- this clinic reveals 7 simple secrets that will improve your players' skills forever. The focus is on hitting mechanics... the specific "underground" secrets of stance, spine angle, head tilt, hand position and swing path that nobody seems to get right... and nobody ever teaches. Discover the 6 biggest mistakes hitters make and find out how to quickly correct even the most difficult-to-cure bad habits. (\$49.95)

For more information visit:

<http://www.coachkennybuford.com/ar/hitting.html>

Signs and Signals Clinic - Discover the secrets to a mega-effective on-field communication system that will give your team a massive mental edge on the competition. Find out how to make use of verbal, touch, and descriptive hand signals that are simple enough for your team to memorize and recall easily, yet deceptive enough to prevent other teams from "cracking your code". (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/signs/fullstory.html>

Practice Planning Secrets Clinic - Finally! A proven, step-by-step system that'll keep your kids totally riveted and steadily improving for the ENTIRE practice. Incorporate the "Team Time" drill into your practice to get the entire team working simultaneously (this incredible mega-drill does the work of 14 regular drills in 1). Discover why common methods of practice planning usually backfire- and learn 7 shortcut strategies to design an outrageously effective practice (even if you don't have an assistant to help!). (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/ar/ppsecrets.html>

Skills and Drills for a Winning Program Clinic - Discover the little-known (but wildly effective) baseball coaching tactics that will dramatically improve your team's hitting, running, fielding, throwing and pitching...It'll take you JUST ONE PRACTICE to master these techniques. And if watching this video clinic doesn't help your team Win AT LEAST 5 Games In a Row... you keep the whole system for FREE! This is a more advanced clinic designed for high school and college level coaches. (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/ar/skills.html>

Baseball DVD Packages

George Horton's Defensive Baseball Clinic - After winning 452 Division I baseball games, capturing the 2004 College World Series Championship, and producing 75 MLB Draft Picks, George Horton breaks his silence to reveal a simple, natural, and amazingly effective coaching system that makes it virtually impossible to score against your team. This is what every baseball coach ought to know about pitching, catching, and infielding. (119.95 + S/H)

For more information visit:

<http://www.coachkennybuford.com/ar/horton.html>

Rod Delmonico's Baseball Hitting Bootcamp (PLUS Baserunning Bonus) - World's most natural Baseball Hitting System will have your players crushing the ball with lightning quick bat speed and titanic power - without even trying! You'll see how he kept his Tennessee team on top of the rankings year in and year out. (\$119.99 + S/H)

For more information visit:

<http://www.coachkennybuford.com/ar/delmonico.html>

Baseball Coaching Aids:

Solo Hitting Machine - This is the world's first "Self Contained" hitting machine that allows your batter to swing full speed at a moving target (just like real batting practice)...then get instant feedback on swing accuracy and power. You're batters will get a massive number of swing reps in only 5 minutes. Can be set up inside or outside. (\$249 + S/H)

For more information visit:

<http://www.coachkennybuford.com/ar/solohitting.html>

New coaching tools are being added all the time, for a current list of the best coaching resources we offer, please visit our main catalog at:

<http://www.coachkennybuford.com/catalog.html>