

BASEBALL SOLUTIONS

Pitchers and Catchers: calling a great game

This is a general guide to pitch selection and location in certain counts. There is no definitive guide to “all things pitching”, but the following is a general guide about pitch counts and what pitches would be “best” options in said counts. There is no right or wrong pitch in baseball. You pitch to your strengths and what is working best that day. Remember that the hitter in most situations is more important than any runners on any base. The bat in their hand can hurt you much more than the runner’s legs.

You should experiment with your own pitches to see where your strengths are. The fastball is and will always be your number one pitch. The changeup makes your fastball the best pitch in baseball. Watch baseball on TV, and try and pick up what the pitchers are doing. How many first pitch strikes do they throw? Do they get batters out in 4 pitches or less? Are they afraid of hitters making contact? What pitch do they throw 0-2? What count did they batter hit the homerun off of? Watch, learn, take notes, collaborate, review.

0-0 Even Count-[90% fastball 5% curveball 5% changeup

This is the bread and butter of pitching, you should start off 90% of batters, with a good fastball for a strike. One out no-one on is a good chance to start off with a breaking ball, and usually you do not want to start a batter early in the game with a changeup (they haven’t seen your fastball yet) We want to establish the plate and get to a pitchers count (0-1) so we are not limited in our options. Low in the zone.

0-1 Pitchers Count-[55% fastball 25% changeup 20% curveball] .

This is a great spot to be in. hitters do not want to start out 0-2 so they tend to be over aggressive, swinging at anything close. This is a great spot for a changeup. The hitter is sure to swing, and a changeup produces more ground balls and weak pop ups then any other pitch. Keep it low in the zone and have them reach for it for the easy out. Ultimately you open up all possibilities when up early in the count. Any confident accurate throw will be your choice. Another aggressive fastball is fine as well.

0-2 Pitchers Count-[65% fastballs 30% curveballs changeup].

DOES NOT MEAN AUTOMATIC CURVEBALL!!!! It is so predictable and can lead to a wild pitch. I am a big advocate to spot up a fastball in 0-2. It just overpowers weaker hitters expecting a curveball or choking up or moving up in the box, no matter how hard you throw, and is a self-confidence boost on the hill. I would stay away from changeup in most situations, certainly a viable option with righty lefty or lefty righty, but we worked to get to 0-2 so lets go for the strikeout on this pitch. Please don’t throw a fastball 12 ft outside, it doesn’t fool anyone, and you just threw 1 more pitch that you did not need to.

1-1 Even Count- [80% fastball, 15% changeup and 5% curveball]

Very important that we get back to a pitchers count. Make a good pitch low in the zone and collect your ground ball. Leave a fast ball up in any count will hurt you, but one in an even or hitters count will really do some damage. A hitter can be looking dead red fastball in this count, so dropping a changeup would really mix things up. Remember that a hitter is most likely thinking fastball, a changeup looks like fastball but a curveball does not.

2-2 Even count-Pretty much the same as 1-1. [70% fastball 10% changeup 20% Curveball]

1-0, 2-0, 2-1, 3-1, 3-2 hitters counts

Hitters Counts-They are unavoidable, however that doesn't mean we lost the battle. We need to strive for the ground ball here, Let them swing and get themselves out. These counts are why we have a defense behind us, let them do what they are supposed to. Hall of Famers fail 7 out of 10 times.

***2-0, 2-1, 3-1** Very dangerous. We are forced to throw mostly fastballs, and the hitter knows it. Hitter will make very high percentage of contact in this situation and that is why we give up more hits, the hitter is too confident and free to swing openly in these cases. These are good hitters chances to hurt you with homeruns, doubles, triples.

Change up counts: 0-0, 0-1, 1-1

Options when you have 2 strikes on the batter