

PLATE MECHANICS

Slow and Fast Pitch

1. Priorities

- Safety of the players
- Ball or Strike
- Fair or Foul
- Out of Safe

2. Signals

Out / Safe

Balls / Strikes

Hustle – Slow Down / Timing

3. Stance

Slot / Heel to Toe / GPA (Good Pelvic Alignment)

Tracking

Timing – Calling Balls and Strikes

Vocal Down / Visual Up

4. Count

Give regularly – Always when next pitch is meaningful (3-0; 0-2; 1-2; 3-2; etc.)

Always give when asked

Give verbal and visual - Left hand = balls; Right hand = strikes; rotate wrists; no split fingers; no fists

5. Fair and Foul Balls

FOUL – loud vocal and visual (both hands over head, bring both down point foul)

FAIR – visual only, NEVER a vocal; arm pointing fair

Infield Fly – vocal & visual mechanics

6. Leaving the Plate Area

Passed Balls / Wild Pitches

Fly Balls to the Backstop

Third Base Calls – Two man system

Tag Plays

7. Common Plays at the Plate

Check swing

Hit batter

Batter hitting the ball a second time

Balls off the batter's foot

Catcher obstruction

Catcher interference

8. Illegal Pitch

Verbal and visual – left arm extended straight out the side