JOHN'S

INSTRUCTION

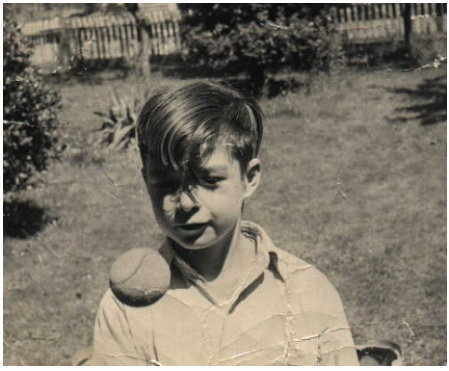
FASTPITCH PITCHING

1974-2005
TOUR

Aloha, OR
Anchorage AK
Belfair, WA
Bloomington, IL
Boistfort, WA
Bremerton, WA
Federal Way, WA
Halsey, OR
Hermiston, OR
Honolulu, HI
Juneau, AK
Kansas City, KA
Kelso, WA
Lacey, WA
Lake Oswego, OR
Lincoln City, OR
Longview, WA
Montesano, WA
Newport, OR
Olympia, WA
Onalaska, WA
Portland, OR
Richland, WA
Ridgfield, WA
Sacramento, CA
Tacoma, WA
Vancouver, BC
Vancouver, WA
Washougal, WA

JOHN GAY'S

John Gay started pitching, off and on, starting in grade school. Then off and on through High School and the Navy.



He started pitching seriously when he was 30, and about that time the teams he was on were a national contender every year.

Around the same time, he says, "I got tricked into teaching my first girl how to pitch". He went from just trying to help her, to being obsessed with helping everybody.

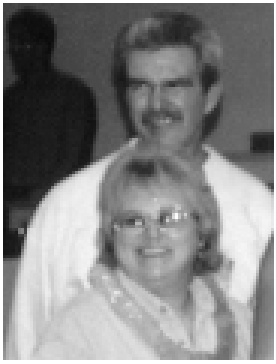
Finally, he lost interest in playing and got serious about putting on clinics and teaching young girls and their coaches. Because of his success, he has been asked to lecture at college clinics, college P.E. classes, National Coaching Clinics, and some all-sport clinics. Along the way, he has gathered a wealth of knowledge on the other aspects of the game. And now he has been asked to conduct hitting clinics, and coaches clinics, as well as his popular pitching clinics.

Because of his success in teaching young girls, he has been requested to put on a Northwest Softball Camp. John has at least 15 pitchers go to the National tournament every year, one time 12 in one age division.

Home base for John's clinics is Vancouver, Washington. And Vancouver has dominated the state of Washington, and the five state Regional Tournament play for the

past twenty five years.

Every year, in one or more divisions, a pitcher that John has helped finishes in the top ten in the National tournament, with many in the top five, and on occasion number one. All but a few of the Washington State HS championships have had one of John's pitchers on the mound. Most who have won a high school league in the state of Washington, have been one of his students.



I would like to give thanks to my wife Karen Gay Hunt. Who, through all the years, has tolerated and supported my inclination to be a softball nut. Karen has always been at my side even though softball has not been one of her most favorite subjects.

My softball clinics have been enhanced tremendously by Karen, a teacher, wife, mother of 8, grandmother of {$2^{1}/_{2}$ birthdays each month} using her teaching skills to help me communicate better with my students.

Thanks Hon
I love you

Monica (Oregon State) and
Michael Hoffman

Jennifer (Seattle U) and
Lenny Hewitt.

I would also wish to give special thanks, to Monica, Jennifer, Michael, and Lenny for all of the help they have given me for the past seven years at most of the clinics I have conducted. They have traveled far and wide, including to Canada, and sometimes every weekend to offer their assistance. My clinics will not be the same with the girls off to collage, and preparing for their future. Why do they have to grow up? I will surely miss them.

I have met some wonderful, and inspiring students and parents over the years.
I couldn't imagine wanting to be anyone other than me..

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INTRODUCTION

We are achievers by nature and want to be the best at whatever we attempt plus we want to have results as quickly as possible. However, sometimes, we can be in too much of a rush to achieve. We must not pass over fundamental exercises which are designed to develop our form. A good athlete may be the best shortstop in a league, but not even the coaches may notice that if she started using the proper foot (a fundamental habit that can be developed), she could catch a ball that normally is just a little out of reach.

Michael Hoffman doing more of his magic act.

Blair Woodward, (U of Arkansas), Showing a student arm action.

When a pitcher follows fundamental exercises slowly and properly, learning through repetition, correct form develops. When you throw hard, old habits good or bad take over. It is hard to introduce new ideas that produce new habits (muscle memory). Throwing too hard, too soon, could help develop improper form and bad habits, which are hard to break. Proper form, in part, will help produce the best results

Many beginning fast pitch softball pitchers pitch with a bowling type motion of the arm or muscles are used to the extent that they overpower the quicker and weaker muscles in the lower arm. The bowling motion means that the pitching arm elbow is on the trailing side of the circle, when the arm is coming down in the back, and it stays there while the ball is released. The elbow of many bowling pitchers is locked. Their shoulders point toward first base and third base. Consequently, if they windmill, the ball comes out of the circle at the same speed as their arm goes around in the circle. They also stand a good chance of hurting the rotator cuff when the arm goes over the top, if the arm stays in the line of force. Usually what happens is, as the arm goes over the top, the arm then goes away from the body, out of the line of force.

Brook Woodward
With Vancouver Ford
3rd place 14U Nationals

I teach the whipping action of the arm, (which can be done with the slingshot or the windmill). The body movement that generates the maximum amount of speed is the whipping action of the arm.

In the whipping action, the shoulders should point toward home plate and second base. If the shoulders move, facing the plate, and the arm tries to come down in a line with 2nd and Home, the position of the shoulder will not allow the elbow to stay on the leading side of the circle. The elbow will come up losing the whipping action, and the pitcher will be throwing with the bowling motion, using their arm only. The pitcher's arm should be straight without being locked at the elbow. The elbow of the pitching arm is on the leading side of the circle when the arm is coming down in the back. Just before the release point, when the arm nears the bottom, the lower arm whips around with the elbow finishing on the trailing side of the circle. The shoulders still point toward home and second base until after the hand passes the hip. This whipping action accelerates the speed of the pitcher's hand, sending the ball out of the circle 20% faster than the arm goes around in the circle.

THE FOLLOWING ARE REASONS FOR WINDMILLING WITH THE WHIPPING ACTION

1. MINIMIZING ARM PROBLEMS.

Whitney Baker
With Vancouver Ford
3rd place 14U Nationals

In the bowling motion when a pitcher windmills with the shoulders pointing toward first base and third base (and the arm is going in a circle in line with home plate and second base) the shoulder, at the top of the arm circle is in a very uncomfortable position. This position can easily damage the arm as it goes over the top and past the "catch in the shoulder," at the top of the circle.

With the pitcher's body turned sideways and with the shoulders pointed toward home plate and second base, the pitcher's arm will have more freedom of movement at the top of the arm circle, as it travels in a line with home plate and second base. Try both ways letting the arm go in a circle, for 3 revolutions, in a line with home and 2nd base, with the shoulders toward first and third, and then with the shoulders toward second and home.

2. CONSERVING ENERGY

Bowling action pitchers use more arm muscle leverage to produce speed. Thus, much energy must be used to create more speed. Conversely, the whipping action is most efficient when the arm is relaxed, and the natural flexibility is used. With the whipping action, the energy is used more effectively, and the result is more speed with less effort. Also, better pitching means less batters are faced, fewer pitches are thrown and less energy is used. Therefore, you are not only stronger toward the end of the game, but more games can be pitched in a tournament.

3. HIGH VELOCITY PITCHING

With the bowling motion, the ball comes out of the circle at the same speed as the arm goes around in the circle. As the arm gets to the bottom of the circle and passes the hip, the whipping action accelerates the speed of the lower arm sending the ball out of the circle faster than the arm goes around in the circle. The result is approximately a 20% increase in speed. The effect of the whipping action is enhanced by the impact of the firm front side (the stride leg resisting momentum) and the upright and open position of the body.

4. FAVORABLE POSITIONING TO THROW ALL THE PITCHES

When youngsters start out using the bowling motion, there is a tendency to bend over to gain more leverage. Consequently, the arm is not in a position to whip. Neither is the body in a position to let the hand get under the ball to throw the rise ball. Standing straight up and keeping the ball shoulder back toward 2nd base until after the ball passes the hip, will allow the pitcher to whip now and be able to throw all the pitches when the time comes.

5. GAINING ACCURACY

Because the pitcher is sideways, shoulders in line with home plate and second base, a true arm circle is easily developed. This true arm circle is a freer movement and provides greater accuracy.

Katie Wiese, Pac. 10 Player of the year. U of O Player of the Decade.

Yard by yard life is hard, but inch by inch life's a cinch.

SKILL LEVELS

The quickest way to pitching successfully is to develop completely at each skill level before going on the next level.

The skill levels, in order are:

FORM	Learning the movement of the arm and body.
SPEED	Using good form and throwing faster without effort and changing speed using the same motion.
ACCURACY	Practicing enough to develop a consistency in the motion that will automatically bring a consistency of where the ball goes.
BALL MOVEMENT	Throwing the rise, drop and the change up.
STRATEGY	Understanding the hitters, and situations.

Form, speed and *accuracy* should be learned **before the season.** You can achieve this, providing you start the learning process well before the season and practice until the season starts. Ball movement and/or strategy are usually incorporated into the second or third season of pitching, or until the hand becomes large enough to accommodate the grip. The key is waiting until the coordination and coachability of the pitcher is at the right level.

Megan Dalthorp
Sun Supply 16U "A"
2002 National Champions.

Speed must be developed before accuracy, and form is the foundation for speed, and ball movement. Form is best developed in stages that are slowly paced and that have enough ***REPETITION*** to form automatic actions, (muscle memory). When these automatic actions become consistent, (i.e., holding the ball the same each time, standing on the rubber the same each time, striding the same each time, following through the same) accuracy will then improve. Accuracy is a product of practice. Developing a coordination in the movements that become consistent through repetition (practice). The consistent movements in the pitching motion that are developed through time, and become habits, will assure a consistency in where the ball goes. The ball may not go into the strike zone, however if it is consistently in the same area you can adjust easier than if it was going all over the place.
The following exercises will develop new habits for inexperienced and experienced pitchers. These exercises have been outlined in the order I feel a pitcher must proceed to become a fast-pitch softball pitcher. Do not skip any one of the exercises or take any one of them lightly, because a logical and thorough progression is the best way to develop pitching skills.

MUSTS FOR LEARNING THE WHIPPING ACTION

1. **STAND UP STRAIGHT AT THE RELEASE.**
   Do not bend over at the waist or drop the glove shoulder while releasing the ball.

2. **STAY SIDEWAYS WITH THE SHOULDERS POINTING TOWARD HOME PLATE AND SECOND BASE AT THE RELEASE.**
   Do not turn your shoulders so you will be facing home at the point of release.

3. **LET THE BALL GO WHERE IT WANTS TO GO.**
   Do not aim or direct the ball.

4. **THROW EASILY.**
   Coaches, keep the distance of 10 feet or under.

5. **RELAX.**
   Do not try to muscle the pitch, or throw hard.

6. **DO NOT FOLLOW THROUGH WITH THE PIVOT FOOT INTO A FIELDING POSITION YET.**
   The follow-through can be incorporated after comfort and coordination in the motion are developed through repetition.

Those who think everything must be in bloom when the strawberriew are in bloom,
Don't know anything about apples.

GRIPPING THE BALL

Develop a grip that is comfortable, and that will be effective. To do this the fingers and thumb should be on a seam for a surer grip, which in turn will give better control. The long seam should cross the crease in the first knuckle, or at least behind the pad of the fingers and the first knuckle of the thumb.

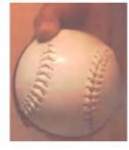
Do not hold a ball in the palm of the hand. Hold the ball with two fingers for more speed. Unless your hand is very small, it is not necessary to use your little finger to grip the ball. The fewer fingers used, the more flexibility you will have, which means more speed. So, while gripping the ball with your thumb on a seam in opposition to your middle finger, you should throw with two fingers.

Grip the ball with fingers across the long seam of the ball, (across the seams) so that when the ball is released, the ball spins as it travels toward the plate with four seams cutting the air. The more seams that cut the air the better movement the ball will have. The pitcher should not be concerned about ball movement at this time, but if the ball is gripped for ball movement and leverage now, the grip will not have to be changed later on.

The grip should be assumed in the glove, out of sight from the opposing team, and not on the hip or out in the open.

If you use a two finger grip and your thumb doesn't reach the long seam on the opposite side, as shown on the left, you should use 3 to 4 fingers. This will draw the ball into the hand more, enabling your thumb to get on the seam on the opposite side from your fingers. The more fingers you use, the more control you will have, however, the less flexibility (snap/speed) you will have.

If the thumb still doesn't reach a seam with a 3 or 4 finger grip, turn the ball so you have your fingers on the seams in the channel (shown at the left) with the thumb on one of the seams on the race (shown on the right).



CONTROLLING THE BALL

fter you have mastered the form, and have attained good velocity with a comfortable motion, start thinking about control. Control is the single most important ingredient for pitching successfully. And since control is an acquired skill, the more a pitcher practices, the better their control will be. However, they must *practice control.* The important elements of control are:

1. The pitcher must practice enough to have a consistent motion at their top speed.

2. The pitcher must have a true arm circle. A true arm circle is up through the vertical plane of the plate, down through second base, and past the plane of the body on the follow through. If the arm does not go through the vertical plane of the strike zone, the pitcher will have a lower percentage of strikes.

3. A pitcher is not trying to pitch strikes as much as they are trying to pitch the ball in the same area every time. When the pitcher is consistently throwing a ball in the same area of the target, they can compensate by concentrating on a target opposite the area the ball is going. For example, if the pitches are consistently low and inside, focus on a spot outside and higher.

4. The pitcher does not want to aim, she wants to concentrate. Concentrating, starting with the eyes, is like shooting a beam of energy from the pitcher to the target area. The beam (body, ball, & energy) goes from the pitcher to a point in the target area.

5. The pitcher can adjust where the ball goes by changing where the glove foot lands. If the stride foot lands to the left the ball will go to the left, and vice versa. If you change where the stride foot lands, you may have to dig out the landing area so you will not land on the ridge at the edge of the existing hole.

6. The pitcher releases the ball shortly after the stride foot lands. If a pitcher takes a longer step than usual they will release the ball later. Consequently, the ball will go higher. A short stride makes the ball go lower. The only reason I would recommend a short step is to make the step quicker. The ball doesn't drop better with a short step, it is just easier to keep it down. The only advantage you have with a short step on a drop is that you release the ball from a higher point making it more effective.

itching is over seventy percent of the strength of a team, and *control* is the key to good pitching. Once a pitcher develops good control, they can incorporate pitching strategy into their game.

1. Moving the ball around in the strike zone ***according to each batters weaknesses.***
2. Keeping the batter off balance by changing speeds.
3. Trying not to develop a pattern. Batters look for pitching patterns.
4. Throwing strikes early to prevent having to have a strike forcing you to pitch the ball to the middle of the plate.
5. Not giving the batter a good pitch to hit on a 0-2 or 1-2 count.
6. Pitching the ball low to force a grounder when runners are in scoring position.
7. Pitching the ball high in a bunting situation forcing the ball to be popped up.
8. Pitching the ball inside to a slow swinging batter.
9. Pitching the ball low and outside to a batter you don't know.
10. Pitching the ball low and outside to a left handed drag bunter

Air Blair Woodward
(U of Arkansas)

Megan Fowler
Tri-City Spirit

A Good pitcher must have good control, and must be able to judge the batters they face, so they can place their pitches accordingly. Sometimes you can be fooled by a batter's stance, because when they start their stride they adopt a more effective posture before they go into the ball. Here are some suggestions that are good standards:

1. Batters with their bats held vertical hit a low pitch well and have to change bat directions to hit a high pitch.

2. Batters with their bats held parallel to the ground have their hands in line to hit the high pitch and have to change bat directions to hit the low pitch.

3. Most batters have a common fault. It is a natural instinct to bail out when the ball (projectile) is thrown at them. Lefties usually try to get to first base before they make contact with the ball. This makes a low outside pitch an effective pitch in most cases. A low outside pitch is usually pretty safe anyway, for a first pitch to any batter you don't know. Be careful and don't throw those batters that bail out, high inside pitches. You will be throwing right into their power.

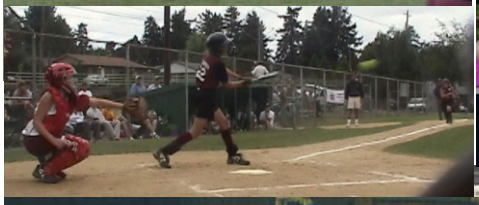
4. Batters who step toward the plate can't extend their arms for power on inside pitches. They will usually miss or pop up the low inside pitch because it is further away from the eyes than high and inside.

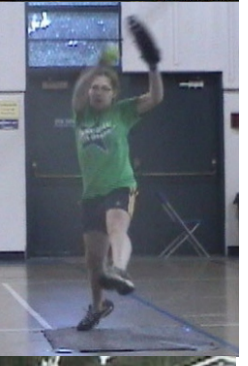
These are general uses of your pitching skills for general batters. The higher the competition the more disciplined the batter. However even at the highest level most batters have a weakness, and a lot of times they don't spend enough time working out the problem in their weak area. Your job is to find their weakness and prey on it. Sometimes you will find their strength before you find their weakness, and the golden rule there is not to throw to their strength twice.

Amanda

Kim “Smith” Anthony (UNLV)
Katie Wiese (U of Oregon)


FEEL THE STING OF OUR TEAM'S SWING!
DAYTON 2004
LEGS
SHOOKSTER
BULLET
BRUISER
SMILEY
HOTFOOT
FROGGER & BUG
FIRE
PEPSI
GUMBY
SPONGEBOB






VISITOR INNING HOME
BALL STRIKE OUT
Gresham
PAVING

PITCHING MECHANICS CHECK LIST

YES must be the answer for each question about the pitchers mechanics.

1. Is the ball in only one hand when making contact with the rubber?
2. Are the feet positioned properly in relation to the rubber and properly positioned for a quick start?
3. Is the signal taken while on the rubber with everyone ready to play and with the ball in one hand? (either hand).
4. Is the grip assumed in the glove and not in the open?
5. Is there a presentation of the ball of 1 second and not more than 10 seconds?
6. Is there good recoil to generate an explosive start?
7. Is the body momentum going toward the plate before the arm starts its circle forward?
8. Is there an explosive start getting the maximum leverage out of the legs?
9. Is the body turning sideways to the plate with the stride so the arm will have a free movement over the top?
10. Is the glove being used for leverage?
11. Is the circle going in a straight line with the vertical plane of the plate?
12. Is there good arm extension going over the head?
13. Is the elbow on the leading side of the circle as the arm comes down from the top until it passes the hip?
14. Is the forearm, not the wrist, brushing the front of the hip?
15. Does the forearm brush the front of the hip and not at the side or behind the hip?
16. Is the upper arm following through when the ball is released?

PITCHING MECHANICS CHECK LIST

YES must be the answer for each question about the pitchers mechanics.

17. Are the shoulders not turning with the head?

18. Is the pitcher standing upright through the motion with the center of gravity over the waist so the arm will be close to the leg when the ball is released?

19. Is there a fast, flexible, and unforced arm motion?

20. Is there a smooth circle, progressively getting faster, and not jerking at the end?

Does the stride foot step toward the plate?

21. Is there a solid platform when the stride foot lands
    a. Should not be bending the stride leg at the release.
    b. Should not bend at the waist or stoop the shoulders at the release.

22. Is the ball being blasted out of the release instead of being aimed.

23. Is the ball shoulder, if used for more leverage, driving forward at the proper time?

24. Is there an unforced and natural follow-through of the arm after the ball is released?

25. Is the pitcher assuming a fielding position?

26. Is there an awareness of the possibility of a hit ball?

27. Is an undershirt being worn in cooler weather and a jacket being worn during offense to keep the body heat in?

28. Is there a good cooling down procedure after the game and workout?

29. Is there some consideration given to the next game? Fuel, rest, enough time to ice down (yes/no), eliminate body heat, etc?

NOTES

PRE-GAME WARMUPS

The pitcher should have a systematic warm-up. They can work out a system for themselves, or do something like listed below. The main thing is to HEAT UP THE BODY.

Not the best way
To keep the arm warm.

1. Do some light stretching.

2. Start with an easy jog, running on the toes for a couple of minutes.

3. Do a stretching program, after the body
4. temperature is up.
   a. Always start slow and close to the catcher.
   b. Always start with an under-hand whipping action motion without wind milling.
   c. As the arm warms up, and after the pitcher has started wind milling, increase the distance from the catcher.
   d. After the arm is good and warm, spend some time throwing the ball overhand. HIT THE TARGET.
   e. Throw for accuracy for a few pitches at game speed, to get the feeling of where the balls are going for that day.
   f. Slow down and coast until game time.

You want to be ready when it is time for you to start the game, which is not necessarily when the game starts. If you are the home team or visitors, plan the warm-ups so they end just before the time you relax to catch your breath and your composure, to enter the game. Over warm up is much better than not warming up enough. Not warming up enough usually means the game will be lost in the first or second inning.

When the pitcher is warming up and stops for any reason, be sure to throw easily for a few pitches to get back into the groove.

Stacy Ellingsworth demonstrates the preferred way to wear a coat, covering the entire upper body.

During the game, if there is a delay make sure to stay warm, especially if there is a breeze on a hot or cold day. Stay warm by:

Pitching softly to the catcher. (*The umpire may stop this, especially if pitching in the direction of home plate*). Pitch to a baseman. (*Usually acceptable*). Swing the arm in a pitching motion. Pitch into your own glove.

CONTROLLING YOURSELF

Being able to throw strikes requires two important elements:

1. *The physical ability to control the softball.*
2. *The mental capacity of the pitcher to control herself.*

All the physical ability in the world will not make a pitcher a winner without mental discipline. A pitcher can be helped with their mental discipline, but ultimately controls her own destiny.What is the major requirement for being a pitcher? Very simple -wanting to be one. But this wanting has to be enough to do something about it. They have to practice in the off-season and practice even more during the season. A pitcher must have the mental control to practice, especially when they could be doing something else with their friends that may seem like a lot more fun.

Team Player

Your performance will ultimately control the tempo of the game. Your attitude will affect the mood of your teammates. If you have a good game, so will your teammates. And if you hare having a bad game, your teammates will judge your attitude during the bad times and perform accordingly. Sometimes one bad inning can be turned around in your favor by "staying up" and having the "up" feeling rub off onto your teammates. If you come to the game complaining of aches and pains, or a problem you're having, it will have a damaging effect on the attitude of your teammates.

Some pitchers, when asked how they feel before the game, make excuses or complain of aches in case they lose. They have a sore arm, a sick stomach, or talk about staying up late the night before. When this information gets to their teammates they start worrying about the pitcher not being one hundred percent and the possibility of losing. It is a good idea, even if the pitcher does not feel at their best, to give their teammates the impression that they are ready to go.

The pitcher can make their team sky high with encouragement, or in the pits with criticism. If the pitcher is working hard and is supportive of their teammates, they will play hard behind them. In other words, if a teammate makes an error, be a leader and be supportive.

After making a bad pitch, a pitcher should not be embarrassed. Lingering on the mistake causes negative thinking. Positive thinking or <u>self-talk</u> causes the pitcher to think ahead to how well or good the <u>next</u> pitch is going to be. To think about correcting the problem making the next pitches better. This is

THOUGHTS TO BUILD ON

BIBLE -
As a man thinketh...so is he.

BUDDHA -
All that we are is the result of what we have thought.

MARCUS AURELIUS -
Our life is what our thoughts make it.

WILLIAM JAMES, Psychologist -
Belief creates the actual fact.

AMOS BRONSON ALCOTT, American educator -
Thought means life since those who do not think do not live in any high or real sense.

EMERSON -
There is no thought in any mind, but it quickly tends to convert itself into power.

HENRY FORD -
Whether you think you can or think you can't...
you're right.

The WILL TO WIN is important but it isn't worth a nickel unless you also have the WILL TO PREPARE.

ABILITY Establishes what you can do, and gets you on the team.

AMBITION Determines how much you do, and gets you into the line-up.

ATTITUDE Guarantees how well you will do, and how much you .. contribute to the team, and keeps you in the line-up

Far better it is to dare mighty things, to win glorious triumph, even though checkered by failures, than to take rank with those poor spirits who neither enjoy or suffer much, because they live in the gray twilight that knows not victory nor defeat.

Failures are made only by those who fail to dare, not by those who dare to fail.

MENTAL PREPARATION

Superstars are high performance athletes. High performance athletes *Visualize, Set Goals, Self-Affirm,* and do not have a *Comfort Zone.*

VISUALIZATION.

While *Visualizing*, the subconscious does not know the difference between physically practicing and mentally practicing. To *Visualize*, the pitcher must relax, and see themselves in their mind. Once this is accomplished, add color, noise, competition, etc., and whatever is necessary to make the situation realistic. Now, mentally practice the skill, and be sure to do the skill perfectly. The pitcher is always successful in their mind. *Visualization* can be done anytime. Before the next pitch, while waiting somewhere, listening to music, and especially before sleeping, practice this skill.

SET GOALS

A *Goal* gives purpose and motivation to practice and games. A *Goal* is what the pitcher would most like to accomplish. The *Goal* should be attainable but at the same time a challenge. *Goals* should be immediate (for the game) and long term (for the season or career). *Goals* should be measurable. For example, instead of, I will throw strikes every game,: set a *Goal* like: I will walk only two batters a game. It is not a good idea to set a *Goal* to be better than someone else, instead, be as good as you can possibly be, and the rest will take care of itself. It is especially helpful to have written *Goals.*

SELF-AFFIRM

We all talk to ourselves, both positively and negatively. To be a better athlete, this talk must be controlled. The talk must be positive and *Affirm* what the pitcher wants to happen. The pitcher should not think (self talk), "I hope I throw a strike"; instead it is, "I will throw a strike". The pitcher should think about what they going to do. If you are having a tendency to throw inside, hitting batters consistently, that's great (consistency). So instead of telling yourself not to hit the batters (you will go in the direction of your thoughts) tell yourself exactly where the ball is going to go. Outside. Now if you are consistent you will still be throwing inside of your target, however the inside now will be a strike.

A pitcher should not compare themselves to other pitchers. What is important is to compare their own performance to their last performance and try to be as good as they can be. Accept who you are and what you are capable of doing and go forward from there. The pitcher who improves on previous performance is a success.

What can a pitcher do to help the team? They can be a team player. Sometimes a pitcher must be the substitute. Will they cheer the team on and be supportive, or sulk? Some pitchers think they should play all the time. What if all the players felt that way?

If the pitcher does not come to practice or comes late to practice or a game, why should the coach want to play them? If a pitcher's attitude in practice is, "I don't care", why would the coach want to play them? If a pitcher has been asked to work on a weakness and doesn't show any interest in developing that skill, why should the coach play that pitcher or player when the weakness will hurt the team?

When the coach makes a decision in the game or at practice, it is usually for the benefit of the team. A pitcher will muddle their brain with negative thoughts trying to second-guess the coach. Don't wonder why, or listen to the complaints of others. Everyone on the team has their own problems. If the pitcher listens to someone else's problem, that person has relieved themselves of their problem -but the pitcher now has two problems to deal with. There is a proper person on the team to take your problems to -your coach.

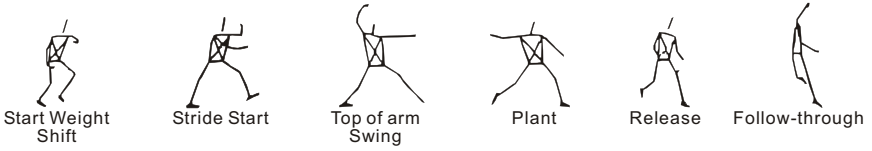
If the coach makes decisions that conflict with your ideas, remember who is in charge. You are not responsible, and won't be held responsible for his bad decisions. Don't jeopardize your character with conflicts. If it becomes unbearable, fulfill your commitments, continue to work hard, and then make a change.

A major problem on a team is team members not getting along. The pitcher should not make this worse by talking about it or picking on the player(s) or forming a clique. Pitchers should concentrate on developing their skills and let the coaches develop the team. If every player does their part, the whole ***team*** will be successful!

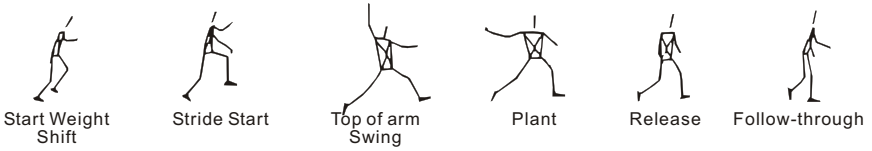
This is an example of a study done by Dr. Sherry Werner at Bolder Colorado in the 80's. Notice that at the release point, ALL of the pitchers are throwing the ball across the front of the body while in a open position.

This was confusing to them because it blew a hole in the theory of the hips supplying the power to generate force in the pitching motion. You can generate hip action and force with your pivot foot, however you DO NOT release the ball off of your pivot foot. Your arm is catapulted through the bottom of the circle from the resistance from your stride foot. The explosion and power comes from the resistance to momentum the stride foot provides. You can generate a more powerful landing by driving off of the mound with greater force.

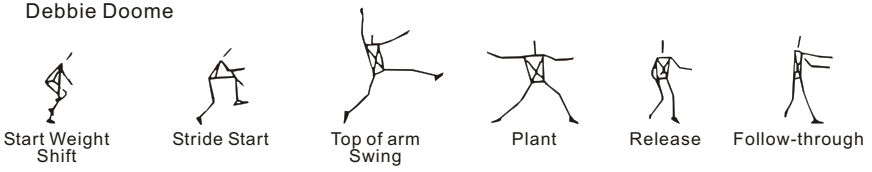
Lisa Fernandes



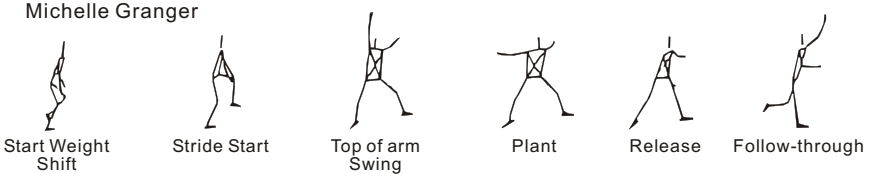
Michele Smith



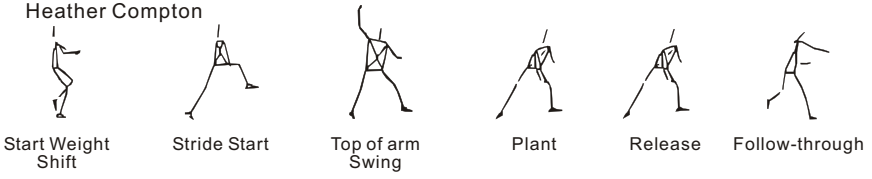
Debbie Doome



Michelle Granger



Heather Compton



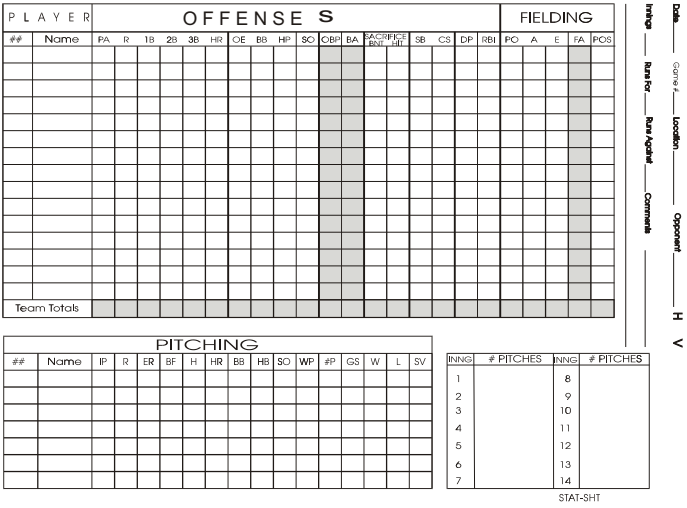
CHARTS

On the following page is a couple of training aids you can make at little or no cost. Necessity is the mother of invention. Improvise according to what you are trying to accomplish.

On the next pages are some charts I use to help track the team/student. I use the practice form on page 25 to have a running account of the student. This gives them something to refer to, and it gives me an ongoing account of drills or problem areas they need to work on. You can find this chart at http://www.softballclinics.com/practice.html.

I use the chart on page 23 to keep track of patterns and mistakes of the opposing pitcher as well as our pitcher. The same chart will keep track of the hitters on both sides. It will give a pitcher an idea where the batter's weakness, or where their strengths are. I works against the opponent as well as highlighting your faults. Go to http://www.softballclinics.com/ht-chrt.htm to find this chart.

To keep track of the hit balls and give an indication where the hitting pattern of one batter against a specific pitcher use the chart on page v. You may find this invaluable in being able to set the defense properly toward the end of the season at championship play. Http://www.softballclinics.com/area.htm is where you can find this chart.



PLAYER		OFFENSE															FIELDING				
##	Name	PA	R	1B	2B	3B	HR	OE	BB	HP	SO	OBP	BA	SACRIFICE BNT	SACRIFICE HIT	SB	CS	DP	RBI	PO	A	E	FA	POS
Team Totals																								

Inning ____ Date ____

Runs For ____ Location ____

Runs Against ____ Opponent ____

Comments ____ H V

PITCHING															
##	Name	IP	R	ER	BF	H	HR	BB	HB	SO	WP	#P	GS	W	L	SV

INNG	# PITCHES	INNG	# PITCHES
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

STAT-SHT

Get a copy of this document at
http://www.softballclinics.com/statsheet.pdf

Team: **From:** **Date:**

Batting order

Name

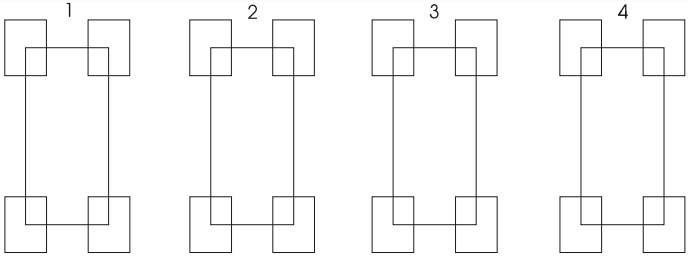
No.

Defense

Bats: L / R

Slaps: L / R

1 2 3 4



Batting order

Name

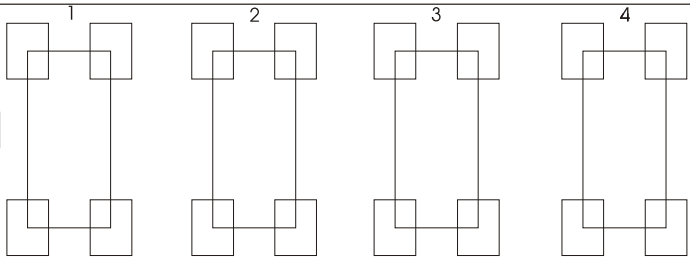
No.

Defense

Bats: L / R

Slaps: L / R

1 2 3 4



Batting order

Name

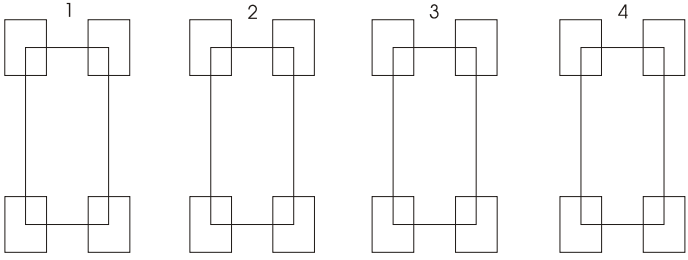
No.

Defense

Bats: L / R

Slaps: L / R

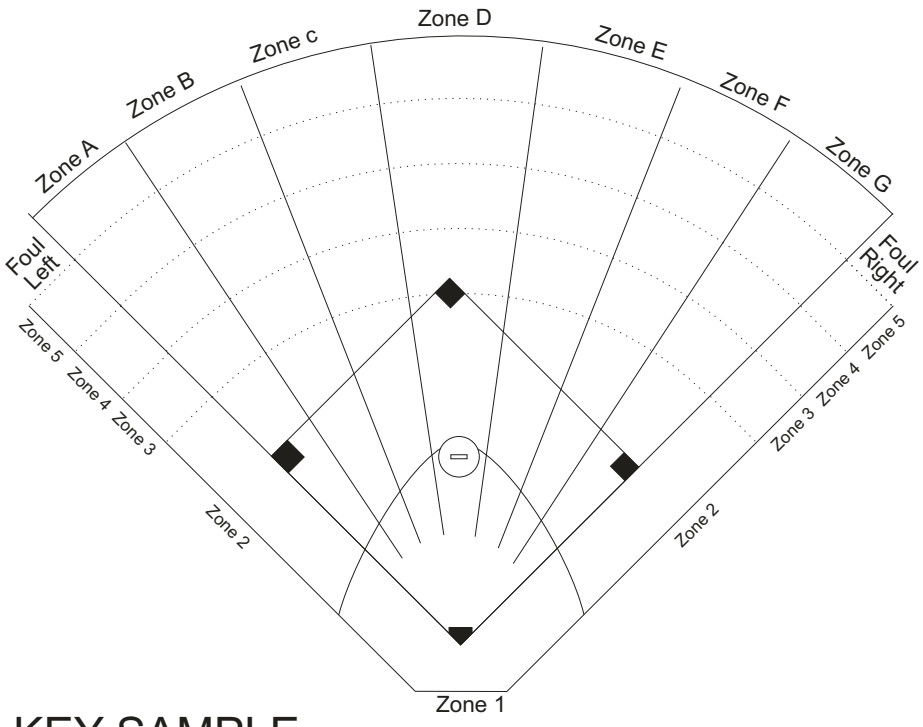
1 2 3 4



HT-CHRT2

Get a copy of this document at
http://www.softballclinics.com/hit-chrt.htm

The woods would be silent, if no birds sang there except those who sang best.



KEY SAMPLE

- △ Base Hit
- ○ Ground Ball
- B Bunt
- □ Fly Ball
- L Line Drive
- ∩ Pop Up
- F Foul Ball
- W Walk
- K Strike Out
- ⁄ Error (∅, ⍁, ⍀, etc)

Batters Name	#	L/R

Opponent _____

Pitcher _____

Get a copy of this document at
http://www.softballclinics.com/area.htm

PRACTICE SCHEDULE

DATE TIME LOCATION

NEEDS TO IMPROVE -

THINGS TO WORK ON -

NEXT PRACTICE

DATE TIME LOCATION

DATE TIME LOCATION

NEEDS TO IMPROVE -

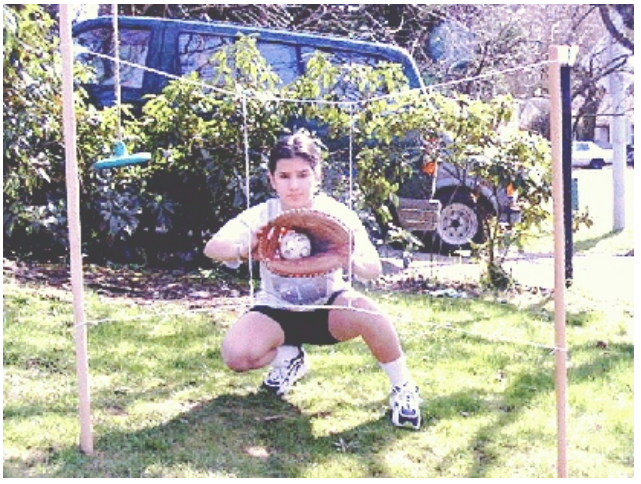
THINGS TO WORK ON -

NEXT PRACTICE

DATE TIME LOCATION

Get a copy of this document at
http://www.softballclinics.com/practice.html

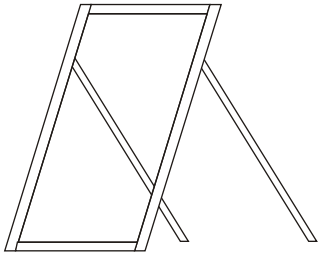
Make the most of yourself, because that is all there is of you.



This string target will only cost you a couple of dollars and will benefit your accuracy immensely by giving you instant feedback. This will benefit the new pitcher, as well as the advanced pitcher.

It also works well for new catchers with the interference when the ball hits the elastic chord. Directions for the target are at http://www.softballclinics.com/target.htm

This ball on a rubber chord is good for strengthening the muscles in the arm and fingers. Exercise both arms.



The pitch back was designed originally for use in my clinic's back in the 70's to protect my video camera. It was so useful that I made one for home, and then everyone wanted one for their back yard after seeing mine. The size fits into the clinic's plan for learning, i.e., throwing hard over and over developing a consistency in the form, which will lead to a consistency in where the ball goes, which will lead to accuracy. Eliminating the need to chase balls increases the opportunities to work toward accuracy.

NOTES

SOME COLLEGES THAT HAVE, OR HAVE HAD ONE OF JOHN'S PITCHERS

Ball State University

Bowling Green University

Cal. State Fullerton

Clackamas CC

Clark CC

Concordia Lutheran

Drake University

Florida State

Fullerton CC

George Fox College

Green River CC

Harvard University

Hoffstra

Iowa State University

Kansas CC

Lewis and Clark College

Linfield College

Lower Columbia CC

North Dakota State

Notre Dame

Olympic CC

Oregon State University

Pacific Lutheran

Pacific University

Pennsylvania

Portland State University

Spokane CC

Taft JC

U N L V

University of Oregon

University of Washington

University of Louisiana

University of Mississippi

University of Nebraska

University of Northern Iowa

Utah State

Western Washington University

Western Oregon University

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