

Off Season Winter Pitching Training

When is your pitcher starting winter training?

What does your pitcher need to work on?

The first thing to do is assess your pitchers skills against the Softball NZ Measurable Standard: Velocity Standard and Pitcher Progression standard. This indicates the expectation for each age group with regards to speed, spins, control and the mental approach. From this you can tell what your pitchers work-ons will be.

Here is a sample assessment:

16 year old boy pitcher	Dominant pitch is drop 4/6 in strike zone: Yes can consistently pitch strikes			
Drop	Spin Yes forward	Speed 104-108 Yes just makes standard	Control Knee height: Yes Inside/outside: No	Mental Approach Learn about key words to make adjustments
Rise	Spin No - spiral	Speed 98-103	Control Yes can pitch it up	Desire to improve
Change up	Deceptive No – slows arm down	Speed 68-69 Too slow	Control Constantly too high	Get confident to use this pitch as weapon
This pitchers dominant pitch is a drop which he has good spin on but there is a need for more speed. His riseball spin is a spiral so he needs to work on getting under the ball more to get the correct backwards spin. His change up needs serious attention and I suggest he experiments with a different change up so he can be fast through the bottom of the motion. Control is always a biggy for boys of this age. However, control can be prioritised in preseason which is August/September. Right now we are in Off Season April-July. Speed and the movement pitches is the priority.				
Off Season Work ons	Off Season = April-July Priorities			
Drop	More speed	Pitch more often and pitch with pace Throw hard	Sprint in drills Fast arm drills Leaping	Create a 'go for it' attitude
Rise	Better spin	Check the grip Work from Letter K position to get hand under ball	Work with a smaller ball so can get hand under it Put tape on ball so can see the spin	Make the time to work on the spin
Change up	Find a better change up	Experiment with different grips and releases		Make the time to find a better change up
Pre-Season Work ons	Pre-Season = Aug/Sept	Control of all pitches is priority		

For further information contact the National Director of Pitching: debbie@softball.org.nz