



DUKE'S BASEBALL

	BALL	STRIKE	OUT	
BAT	1	2	3	4
INNING	1	2	3	4

NCAA Division III 2004
NATIONAL CHAMPIONS

Jugs Curveball Fastball Pitching Machine Manual

Steven Ellis



Jugs Curveball Fastball Pitching Machine Manual:

Athletic Journal ,1978 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting Journal of Physical Education and Recreation ,1978 The Sporting News ,1979-10 *Tuff Cuff* Steven Ellis,2009* **The Tactics of Pitching** Branford McAllister,2014-02-04 There are two basic ways to win the pitcher versus hitter war Overpower the hitter like Justin Verlander Fool the hitter like Barry Zito The first requires dominating stuff generally velocity Verlander s average fastball in 2012 was 94 3 mph He also showcased a superb curveball And it requires a fair amount of control to go with the overpowering velocity Not many pitchers have that kind of ability even in the major leagues At lower levels very few pitchers have the kind of overpowering stuff to rely just on that to get hitters out throughout a game Those who do have electric stuff can dominate hitters They are the fortunate ones but not everyone has this advantage For them and for the overpowering pitchers at higher levels something more than great stuff is required So in general we need a more strategic mental approach to get hitters out consistently Pitching is a complex endeavor both physical and mental While there are many views on how to succeed as a pitcher there are several principles that lead to success on the mound Among these are the following There is a limited number of things you can do with a ball give it speed give it direction impart spin and select an orientation of the seams You can also combine pitches in different sequences and combinations Otherwise there is nothing you can do to the ball Every other factor that you can control is mental and therefore absolutely essential to success You cannot succeed consistently on the hill without having a plan in mind beforehand So if you prepare well with solid mechanics you can win each battle with hitters The objective on the mound is getting outs There is a strategy to doing this and it relies upon a thoughtful approach that considers your abilities and the situation If you combine great physical preparation with a sound mental approach you greatly increase your chances to get those outs succeed on the hill and give your team the best opportunity to win games There are many books on baseball a few of them about pitching But there are very few good books on the art and strategy the tactics of pitching specifically books dealing with how to throw specific pitches why they do what they do when to throw them to what locations and how to set up hitters There are few books that help pitchers pitch a good game the subtleties of how to throw pitches and how to formulate game plans for pitching *The Tactics of Pitching* is a practical manual for learning and teaching the science mechanics and strategy of pitching suitable for amateur players and coaches through the college level The book focuses on the following topics Pitching Philosophy How Air Resistance Affects the Flight of a Ball The Strikezone Pitches Situational Pitching Mechanics Checklist Correcting Problems Mental Aspects of Pitching

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