



## RDRBI PITCHING GUIDELINES

MOST IMPORTANT PITCH IN BASEBALL IS THE NEXT ONE

BEST PITCH IN BASEBALL IS STRIKE ONE

PITCH RATIOS FOR PITCH SELECTION PER GAME, WEEK, MONTH, SEASON

- 60-65% fastballs
- 20-25% curveballs/sliders/slurves/cutters
- 15-20% change-ups/splitters

OPTIONS FOR WORKLOAD MANAGEMENT

- During regular season- A starter's pitch totals in his first 3 innings are the most important of the game. High numbers early should mean fewer innings.
- During tournament play- Try to start relievers and relieve your starters. Work more pitchers fewer innings/pitches per outing.
- Pitchers don't have a "best" pitch, rather three good pitches. Pitchers must be able to throw all three pitches to win 50% of the time and keep opposing hitters to a batting average less than .300!
- With three pitches (fastball, curveball/slider, change-up/splitter) and two locations (inside, outside) there is a factorial of 12 ( $3 \times 2 \times 1 \times 2 \times 1$ ). This means that there 12 possible pitches/locations that the hitter must guess correctly on, and still only fail 7 out of 10 times to be successful!



## COUNTS

- Most important count = 1-1 (throw command pitch)
- Fastball any count (with proper location)
- Soft throwers must pitch inside and in-off more than hard throwers
- Change-up/Splitter can be thrown any time fastball in order (once fastball has been established)
  - Best CH/Split = 3-1
    - 2-1
    - 2-0
- Location is not as important as change of speed, these counts put in play by hitter = .165 BA
- Curveball/Slider only need to throw in = 0-0
- (Until AAA or Major Leagues) 1-2
- An 0-0 CB/SL put in play by hitter = .078BA

## TRENDS

- First pitch strike to every hitter
- Get the lead-off hitter out in every inning
- Put a "0" up after your team scores; this will result in a winning percentage of .667 for a pitching staff

## OTHER

- Getting out of the first three innings with minimal pitch counts, will allow you to go deeper in the game with more energy
- Hard throwers require less speed differential with CH/Split

## STEAL SITUATIONS

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*from Tom House PhD RDRBI reprint by Eric S. Honbo, PT, DPT, OCS*



- Close game
- Speed on base
- No power at plate

#### STEAL COUNT

- Breaking ball
- Off – Speed

#### HIT + RUN SITUATION /COUNT

- Close game
- Average/below average speed on base
- Contact hitter with no power at plate
- Fastball

#### PRE-GAME WARM – UP

- Consist of 30-45 pitches
- Only the last 10-15 pitches should be at high intensity
- NEVER MAX OUT IN THE BULLPEN

#### PITCHERS/POSITION PLAYER

- On start day, starting pitcher should not play a position
- If muscle failure is reached on mound pitcher is not allowed to play any other position that day
- If high # of pitches then low # of swings



- If high # of swings then low # of pitches
- If high # of pitches then little playing time in the infield
- If high playing time in the infield then pitch outing must be less intense

### PITCH TOTALS and FREQUENCIES

- Don't overload any one pitcher. Always try to project workloads around:
  - # of games per season (or week)
  - # of innings per season (or week)
  - # of pitches per game (or week)
  - # of pitches per inning
  - 15-20 pitches – average pitches/innings
  - 35+ pitches in one inning causes as much stress as 75 pitches at 15-20 per inning
- A start should not be more than 7 innings (if the pitcher is to pitch again that week)
- If pitchers throw more than 105 pitches during a start, they should not be allowed to relieve
- Total pitches per week should not exceed 120 for starters or relievers

### RECOVERY TIME:

- Muscle failure post game: Ice and Aerobics
  - Max: 10 minutes on elbow and 20 minutes on shoulder
  - 2 minutes of aerobic activity for every 1 minute of ice
  - Within 3 hrs of game



- Average recovery time is 3 full days
- Hard Thrower (throws over 90mph):
  - Day 1 = MAX aerobic/MAX weight
  - Day 2 = Bullpen MED aerobic/ MIN weight
  - Day 3 = MAX Aerobic/ MED weight
- Touch Thrower (throws under 90mph):
  - Day 1 = MAX aerobic/MAX weight
  - Day 2 = MAX Aerobic/ MED weight
  - Day 3 = Bullpen MED aerobic/ MIN weight
- Reliever:
  - Should warm-up with less than 20 pitches
  - Include step behinds
  - Keep it to easy fastballs
  - Stay 6 pitches away from game
  - Play catch with outfielders
  - Do cord work
  - Ride bike
  - Flexibility work