

Instructions

For

The Pitching Chart

www.thepitchingpad.com

The Pitching Chart should be used along with The Pitching Pad during the daily training sessions to track the progress of the player. Below are instructions and suggestions for using this chart.

Using the chart to track progress of accuracy using fastballs:

1. Pick an area of the strike zone to concentrate (red, blue, green, or black).
2. Using colored markers with the appropriate color, mark on the chart where the ball actually hits.
 - a. For example: If you are aiming at the Blue area and hit it in the Black area, then you would put a Blue mark in the Black area where it hit.
3. When finished throwing, count up the marks that are in the appropriate areas and divide them by the total number of marks for that color. These are the accuracy percentages for this color and this session.

Note: If colored markers are not available, just use letters for the colors. (R – Red, B – Blue, G – Green, K – Black)

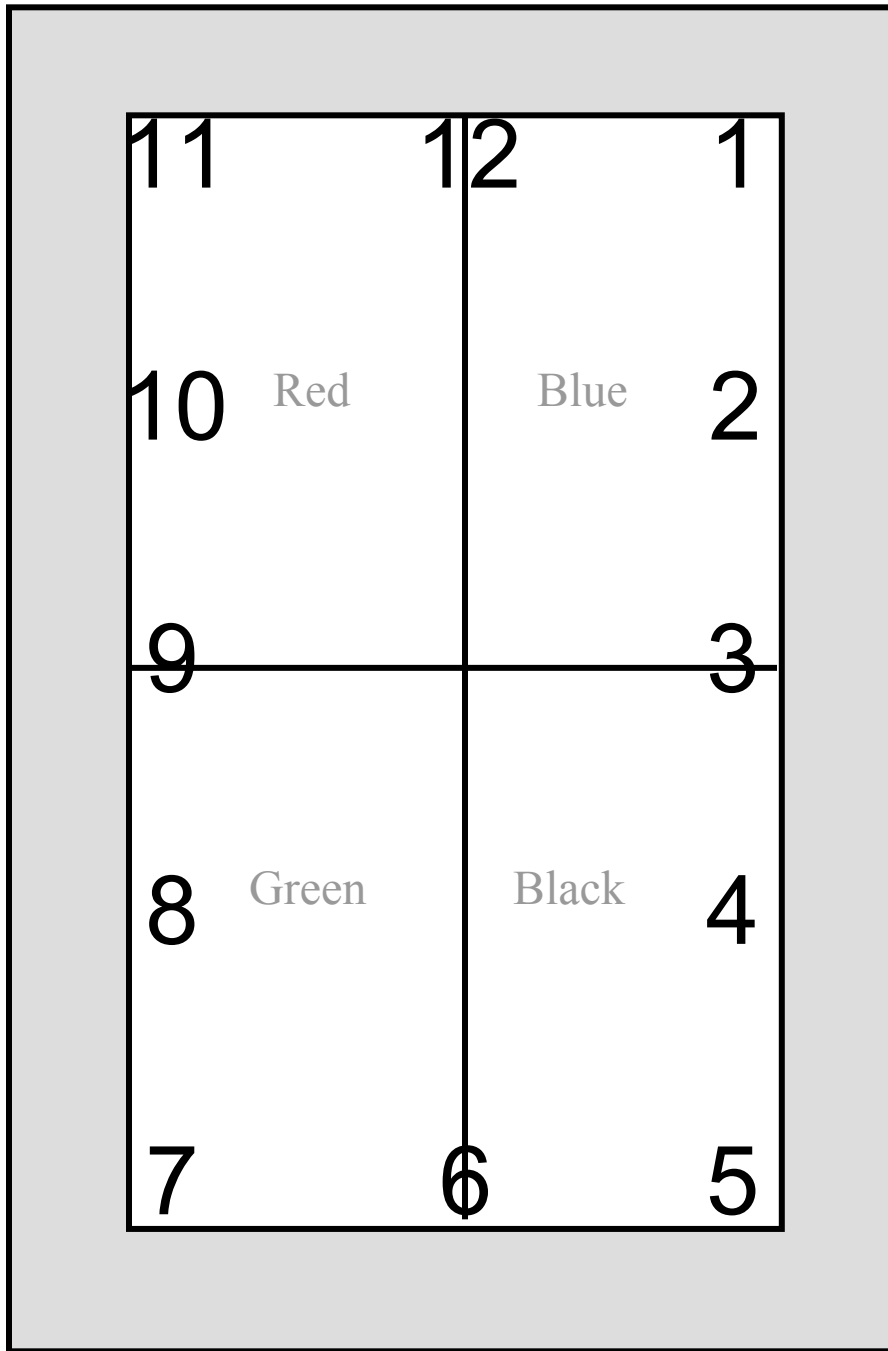
Using the chart to track progress of accuracy using off-speed pitches:

1. Use the same steps as above for tracking off-speed pitches.
 - a. If using colored markers, just put the pitch type next to the color using the key at the bottom of the chart.
 - b. If using the symbols for the colors, just put the pitch type next to the color symbol.

For example: R1 = Red - Fastball, R3 = Red - Slider

Name: _____

Date: _____



Count: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ = _____

Fastball-1 Curveball-2 Slider-3 Change-up-4 Other-5

The Pitching Chart -- For Use with The Pitching Pad

Available at www.thepitchingpad.com