



THE WEEKLY DOSE

WORKOUT OF THE WEEK #8

3 Pitch Sequencing

When we approach batters, we need to start thinking about **pitch sequencing** as a way to get ahead. This drill will help pitchers to set up batters for a pitch to strike them out (or get crap hits). Assess your skills and weaknesses and consider the strengths and weaknesses of the batter to come up with a plan to attack with pitch sequencing.

Use your 1 or 2 best pitches to get ahead of the batter and then choose a 3rd pitch to get a strikeout or crap/miss hit.

For **beginners**, it might look something like this:

Sequence 1: FB down middle, FB out, FB out

Sequence 2: FB out, Fb high/inside, FB high/in

Sequence 3: FB in, FB out, FB out

Sequence 4: FB down middle, FB high/in, FB low/out

Sequence 5: FB down middle, FB high/out, FB low/in

Sequence 6: FB in, FB high/in, FB out

Sequence 7: FB out, FB high/in, FB low/out

For **advanced** pitchers, it might look something like this:

Sequence 1: Screw, screw, change out

Sequence 2: Drop out, drop out, rise in

Sequence 3: Curve, curve, rise out

Sequence 4: Screw, change, change

Sequence 5: Change, screw, drop out

Sequence 6: Curve, drop out, rise in

Sequence 7: Screw, curve, change

Sequence 8: Drop in, rise out, screw