



# THE WEEKLY DOSE

## WORKOUT OF THE WEEK #11

### Use The Plate Drill

This week we'll focus on using the plate to our advantage. As pitchers, we have to be able to establish both sides of the plate. When you have a pitch that you can throw inside **and** outside for a called strike or for a strikeout pitch, it forces batters to respect both sides of the plate.

To begin, think about 1) what pitch(es) you can throw inside for a strike and 2) what pitch(es) you can throw outside for a strike, and 3) what pitch(es) you can throw inside **and** outside for a strike.

#### DIRECTIONS

Perform 3 total innings (9 total batters) of this drill. For the first 2 innings (6 total batters), only perform 3 pitch sequencing, staying on the inside part of the plate for the 2 pitches and then moving to the outside of the plate for pitch 3, or beginning on the outside part of the plate for 2 pitches and then moving to the inside part of the plate for pitch 3.

Make a note of the balls and strikes for each batter.

For the third inning (last 3 batters), you will throw as many pitches as it takes for a strikeout. Begin and remain on the inside part of the plate until you get two strikes. When you get two strikes, you will move to the outside part of the plate to go for the strikeout. Alternate beginning on the inside and the outside portion of the plate for each batter in the third inning.

**Beginner pitchers**, you might throw a fastball inside, a change up inside, and then a fastball outside. Or it could be a high fastball outside, a low fastball outside, and then a change up inside. Focus on how you can use both sides of that plate to keep the batter off-balance.

**Advanced pitchers**, you might throw a screwball inside, a rise ball in, and then a curveball out. Pick 2-3 different 3-pitch sequences and repeat them until you have completed 2 innings (6 total batters). For inning 3, use as many pitches as needed for a strikeout (see instructions above).