

# The Common Sense to Pitching – (11 years later)

Fred Corral – Pitching Coach – University of Missouri



## Trending now 2018

1. Feel
2. Drills Kill
3. Mechanic-less Pitching
4. D.A.T.A

## 2007 - The Common Sense to Pitching

1. KiSS – Keep it Simple Smart
2. Foundation to Approach – “Balance”  
Balance is a key essential to life.
  - a. Positive / Negative
  - b. Day / Night
  - c. Yin / Yang
  - d. Aristotle’s establishment of Virtues
  - e. Biblically

## Perceived Actions Over-ruled by Common Sense

1. Landing on ball or front part of stride foot.
2. Downhill plane theory
3. Moving over to arm-side of rubber to get more of the plate. Why?
4. Is the towel drill effective?

## The Common Sense of Throwing

1. “Over-hand throwing or pitching, breaks the natural movement of the arm.”
2. “Only have so many (bullets) or throws in your arm.”
3. Old school statement - “Left-handed pitchers have natural run.”
4. Arm slots or angles – Act of perception or posture and/or both?

## Five phases of Balance

1. Traditional leg lift
2. Position of body at separation
3. Power or launch position.
4. Position of body at release.
5. Position of body at finish.

## (Not so) “New” Mid-Point Balance

1. Loading Phase
2. Mid-Point Balance
3. Throwing Phase

## Simplicity of approach, when “Common Sense” is applied

1. Easily understood by pitchers young and old.
2. Ties into every pitcher’s approach without overhaul.
3. Easy for coach and athlete to design drills.
4. Easy to coach and athlete to evaluate video tape.
5. Stretch delivery and holding runners simplified not compromised. (Importance of BP2)

## Additional Common Sense Solutions.....