

How to Pick Up a Pitcher's Move

(Courtesy runners and pinch-runners play a huge role in the success of our season!)

Left-handed pitcher probable tendencies:

1. Check his feet
 - A. See bottom of foot, he's coming to first
 - B. See his toe, it's time to go!
2. Check for a leg gap when he lifts his leg
 - A. Legs even, he's coming to first
 - B. Front leg comes back, he's going home
3. Check his hands
 - A. Hands higher, he's coming to first
 - B. Hands lower, he's going home
4. Check his head
 - A. Last place he looks is the plate, he's coming to first
 - B. Last place he looks is you, he's going home



Right-handed pitcher probable tendencies:

1. Check for head-bobber = three times and go
2. Front shoulder open then closes = go
3. Front elbow may swing open for throw to first or closes for throw home
4. May throw open front hip or leg to throw to first or close to throw home.
5. Back heel lifts to go to first, front heel to go home - watch both!
6. Rhythm pitcher: count one thousand one, one thousand two and go.