

Forest Lake

Pitching Philosophy

In Forest Lake we believe quality pitching is the key to having a successful baseball program.

We want young pitchers in FL to **focus on dynamics (mechanics) and accuracy** before anything else. Proper mechanics leads to greater arm strength, better control, less fatigue, and injury prevention. Like anything else, it is important to practice pitching using a proper sequence of drills to improve fundamental skills. **Pitching drills should be incorporated in every practice.** Being able to throw strikes is the most important aspect of pitching.

As pitchers progress you should incorporate pitches (grips), location, strategy (pitch selection) and mental toughness. Strength, flexibility, and cardio development are also important for developing and maintaining a high level of performance. With effort, discipline, and quality practice we can develop the pitchers who will be successful at all levels.

The final piece is arm care. It should be taught and monitored at every level. Proper warm up, monitoring throws in practice and games, pitch counts, and recovery all play a part in injury prevention. Overthrowing causes fatigue, poor mechanics, loss of velocity, and injury.

Remember: Dynamics – accuracy – arm care.

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