

USING THE COUNT

COACHES:

One effective way to win ball games, is to teach your player to stop doing the things that cause you to lose. One of those things is continually getting behind the batter in the count.

***IF YOU WANT TO WIN -
STOP DOING THE THINGS
THAT CAUSE YOU TO LOSE!***

Pitching to the count is critical to success in competitive softball. It means being aware of the count at all times and making every effort to stay on top of it. The catcher's job is to help the pitcher get ahead of the batter, then use the count to fullest advantage.

Here are some guidelines for your catcher and pitcher to keep in mind;

GUIDELINES - FOR PITCHING TO THE COUNT

- 1. ALWAYS THROW THE FIRST PITCH FOR A STRIKE.***
- 2. USE THE PITCHER'S BEST PITCH FOR STRIKES, WASTE THE OTHERS.***
- 3. USE HIGH PITCHES TO SET UP LOW PITCHES.***
- 4. USE INSIDE PITCHES TO SET UP OUTSIDE PITCHES.***

BEAR DOWN WITH EXTRA EFFORT;

- A) ON THE FIRST PITCH TO THE BATTER,***
- B) WHEN THE COUNT IS 2-0,***
- C) WHEN THE COUNT IS 2-2, AND***
- D) WHEN THE COUNT IS 3-2.***

USING THE UMPIRE

Most umpires tend to have their own strike zone, which could be different from the rule book version. Their visual perspective of the batter and the pitch might also be different and affect their interpretation of balls and strikes.

Seasoned veterans know that pitching with the umpire is more productive than pitching against them. The job of the catcher is to establish the umpire's strike zone, know what the umpire is calling and select pitches to take advantage of the pitcher's strengths.