

# Pros Know Best

## Complete Analysis Report

Player - Cam Fisher (12 years old)  
Coach - Donny

October 1st, 2015  
Initial Evaluation

### Pitching Video Analysis

#### Overview

First off, Cam appears to be a solid, young pitcher, who throws from a high-3/4 arm slot and uses a full windup (opposed to just pitching from the stretch). Cam has a very slow, methodical delivery from start to finish. I believe that by taking his time before coming to his balance point (left knee lifted in air) he is able to focus in, which is definitely a big factor contributing to his strong accuracy. However, i believe if we speed him up a bit from the balance point part of the delivery to the finish position, he will be able to generate more downhill momentum and ultimately more velocity. Cam does do a good job of keeping a strong front side (glove hand/arm) and we would like to see that continue. Additionally, he keeps his shoulders and head still during the delivery (which is a good thing). I noticed that his short stride length could be restricting his from more velocity, and i will definitely like to lengthen it, especially since we are speeding up the second half of his delivery. Two more improvements I want to address deal with the push-off of his back (right) leg off the mound and his hand break which seems to have the tendency to be a tad late. We will explain all of these in more detail below.

#### Strengths to be Reinforced

- Methodical feet at beginning of delivery

Cam's feet take 2 slow, small steps at the beginning of his delivery that allow him to get his body in a great position before his lifting his lead leg and getting to balance point. The fact that these steps are small helps Cam not lose his balance by leaning too far forward or too far backwards during his leg lift. Keeping his steps small allows his to keep his feet underneath his shoulders and stay well balanced.

- Strong front side

The term "front side" refers to a pitcher's glove arm and hand. Cam's front side stays firm and strong from the time he extends his arm out to when he pulls it back into his chest. This is exactly what we want to see. One way to reinforce this strength is to have him throw a ball with another ball in his glove. He will have to keep that glove hand firm in order to make sure the ball doesn't come flying out.

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- Quiet head and shoulders

A pitcher who keeps a quiet (or still) head and shoulders throughout the first half of his delivery (up until the descent of his leg lift) is able to stay much more balanced and directional (body moving towards home plate). When a pitcher's body starts leaning towards the 1st base or 3rd base side of the mound, he deviates from a position of power and balance and in turn loses velocity and accuracy. Keep this point in mind when I discuss a more directional back foot push-off below.

### Areas to be Improved

#### **Now it's time to start evolving new skills!**

- Quicker down hill action - not just fall but push

As I said earlier, I like how Cam has a slow and controlled delivery leading up to his leg lift. Now I want you to think of the leg lift and descent as a rollercoaster. The coaster *slowly* climbs up the steep tracks as it leads up to the drop, and the drop is one fluid, quick, and decisive movement downhill. I want your descent from the leg lift to be the same way as the roller coaster. As soon as you reach the top of your leg lift, your front leg should lead your body downhill and towards home. As your front leg leads the descent your back leg should be driving the rest of your body to follow, and I will explain that further in the next point.

- Firmer back leg and a more directional push-off

Keeping a firm back leg is an essential component of a powerful delivery. By firm, I do not mean a straight leg, because there should be at least a slight bend in the back leg in order to maximize your push-off. Once you begin to lift your left leg, think about pushing your back foot straight into the ground. This activates the muscles in your leg and is the same concept as the ball in the glove drill I mentioned above. If we are able to activate the correct muscles before using them, then those muscles will be ready when needed. In terms of direction, Cam should be pushing off of the rubber directly towards the catcher. We want all the strength and power coming from Cam's legs to be pushing in the same direction, and this will allow him to get the most out of his legs.

- Longer stride length

Cam's stride length, relative to his height, seems to be a little short. There isn't one "correct" length in terms of a pitcher's height, but it looks to me that Cam can get more velocity from extending his stride length. In addition to a possible velocity

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increase, the further down the mound a pitcher gets, the closer he is to the plate, which leaves the batter with less time to react. I'd recommend measuring Cam's stride length as it is now, then try having him do some practice pitches with a longer stride, but not too long to the point where it is uncomfortable. Try to be within a 2"6" range of increase. And yes, even a 2" increase can make a big difference in a young pitcher.

- Avoiding a late hand-break

The term "hand-break" refers to the part of the windup where the pitcher separates his throwing hand (while holding the ball) from his glove. This should occur right after he reaches the peak of his front leg lift. In a couple of Cam's videos I noticed that his hand break was coming just a little bit late. The difference between being on time or late with this is a matter of a couple tenths of a second, but it can cause your throwing arm to be late. Make sure as soon as he hits the leg lift peak, his hand break starts. There is a drill below for this specific issue.

### Final Thoughts

We covered 3 strengths to improve upon and 4 areas that need improvement. I understand this is a lot of information, and it honestly shouldn't be taught all at once. Try to split up the things Cam works on into groups of two: 1 strength and 1 area for improvement. I would recommend requesting another evaluation in about a month in order to see where Cam's development is at and to learn of new ways he can improve. Thank you for reaching out for our coaching and good luck with your development!

### Drills

3 videos. Describe each drill and how it addresses a certain part of the player's mechanics that needs improvement