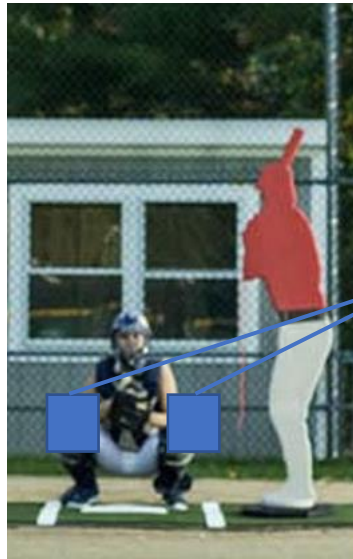


## Where is the Zone?

For the umpire, the zone should be letters to knees, side corner to side corner of home plate.

- Pitchers should get in the good habit of consistently living near the hitters knees, and a few inches outside of the plate on both sides
  - NO cookie pitches=chest high, right down the middle, you might as well serve it on a silver platter



Ideal Fastball Locations:  
At batter's knees just  
slightly off the plate in  
either direction

- Hitting these pitches consistently on command should be pitching 101. Work it at practice every time you throw, and make sure it can be done in games, on command, every time!!
  - This should be a pitchers main focus before worrying about or introducing more pitches.
- Striped plate: Red means no!
  - Stay out of the red unless absolutely necessary.



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[Date]

- Paint those corners, and do not allow your catcher to set up right in the middle of the plate
  - Pitchers need the visualization association of having their target set up where they are trying to locate the ball
  - Work with your catcher(s) often to let them know when you want them to move to set up and how far out you prefer them to be (just the glove, or an entire body shift?)

Work pitches in the zone for a called strike, and just off the plate as chase pitches. Combo this skill with a wicked change up, and that's all you need to be an effective pitcher!



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