

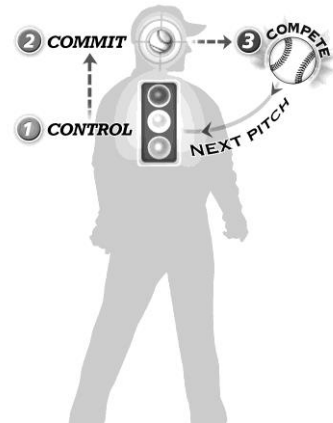


Name _____

COMPETE!

Training 9: Pitching (book chapter 8)

1. Compete: "Get 100% of what you've got to _____ the _____."
2. Lachemann: "I believe it's about _____ one _____ at a _____."
3. Ways I regain control:
 - * _____
 - * _____
 - * _____
4. Take _____ of the mound.
5. "Make bullpens just like a _____, so in games you say, 'Just like the _____'."



Do It! Practice

Watch Ken & CJ videos

- 1
- 2
- 3
- 4
- 5

Commit to a Pre-pitch Routine – write the steps here

- 1.
- 2.
- 3.