

Wills Park Youth Baseball Association  
Coach Pitch Guide

Primary Objective of Coach Pitch

Allow players to develop a good swing while getting used to seeing the ball coming out of a pitcher's hand.

Commentary

There are three generally accepted possibilities for delivering the ball to a seven or eight year old batter. There is player pitch, machine pitch and coach pitch.

We do not use player pitch because of:

1. concerns over putting the strain of pitching on the arm of a seven or eight year old
2. concerns over hit batters, the psychological impact on hit batters and the pitcher who hit the batter
3. concerns over "walk-a-thons" and the resulting boredom and lack of fun for the players.

We do not use machine pitch because of:

1. concerns over having the obstruction of pitching machines and electrical cords in the middle of the playing field.
2. concerns over the proper development of batters swings and the need to get used to hitting a ball coming out of a pitcher's hand.

**Your Objective as a Coach Pitch Pitcher**

To be a short, 35-mph pitching machine that gets out of the way.

More Commentary

1. If you are not the shortest available person capable of pitching to the players, you are the wrong person. Sorry, turn it over to someone else.
2. When the ball is hit, no matter how excited you are, **your job is to get off the field without interfering with the play**. Your function is to deliver the pitch, not to interfere with the play. See Dizzy Dean rules 36:05 and 36:08. You may be removed as the pitcher or your runner may be out without the other runners having the opportunity to advance if you do not do this. Your players have a first base coach and a third base coach. Get out of the way.
3. If you are not willing to throw the ball at about 35-mph, let someone else pitch.
4. It is desirable to pitch from as close to the pitching rubber as possible.
5. An alternative to being short, is to pitch from one knee. However, this carries with it a number of additional problems and is not recommended.
6. Make sure that the catcher is either wearing complete catcher's gear if they wish to assume the standard catchers position or is to the side from which the batter is batting and towards the backstop (safe territory). If the position of the catcher is interfering with your ability to properly deliver the pitch, you have the right and responsibility to ask the defensive coach to have him move.
7. Make sure that your on deck batter also stays out of the way until the play is complete and time is called.