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PITCHING SITUATIONS CHECKLIST

SITUATIONS	?	?	SITUATIONS	?	?
Balance – Stay on the line!			Basic Mechanics		
Making adjustments			Pitching w/o best stuff		
Signals with catcher			Throwing inside		
Pitch outs			Changing speeds		
1 st pitch strikes			Stay on the mound		
Strike-out situations			Warming up (pre-game)		
Covering 1 st base			Warming up (pre-inning)		
Come-backers			Bullpen (pre-game)		
Starting a double play			Bullpen (between starts)		
Bunts – to 1 st			Long-tossing		
Bunts – to 2 nd			Pick-offs – 1 st base		
Bunts – to 3 rd			Pick-offs – 2 nd base		
Backing up bases			Pick-offs – 3 rd base		
Covering home / passed balls			1 st & 3 rd plays		
Bad calls			Run downs		
Who's covering 2 nd ?			Mixing looks / times		
"I got it, you take it."			Mound conduct		
Pop-ups over mound			Studying hitters		
Infield pop-ups			Squeeze play		
Long-sleeves/jacket			Working quick		
Mental toughness			Going after hitters		
Errors behind you			Not letting best hitter beat you		
Starting inning w/ 9 th hitter			Dividing plate into thirds		
Holding a lead					
Three pitch rule					

