



FROM THE FIRST BULLPEN TO THE FIRST GAME

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Day 1: Watch – Look – Listen!

Week 1: Develop a plan

Month 1: Set Goals – Timelines

- Outline the plan with each pitcher. Phases, goals, drills to get there, points of emphasis

FALL SEGMENT:

- Break fall season into 3 different phases. Start from ending point and work backwards
 - Phase 1: Foundation
 - Fastball mechanics, balance, timing, rhythm, location, location, location
 - Drills
 - Phase 2: Development
 - Spins, develop new pitches
 - Control vs. Command
 - Locate Rise / Drop / Change
 - Locate Curve / Screw / Backdoor
 - Drills
 - Phase 3: Execution
 - Evaluate if you need to eliminate pitches
 - Mentality
 - Drills / Practice Plans
- During Fall Segment – increase arm endurance, pitching endurance, velocity, spin rate
 - Fall Peak Performance
 - Drills
- Build up control, command, confidence leaving fall season
- LISTEN TO YOUR PITCHERS! Ask how they're body feels, recovery, mentality

WINTER BREAK: Stay healthy!

- Establish goals for winter break
 - Increase pitching endurance / Increase spin
 - Command
- 2 weeks off from pitching! Allow body to recover from fall segment
 - Christmas – New Years
- Increase pitching endurance

COUNTDOWN TO GAME 1:

- Break pre-season into 3 phases – how many weeks until first game? (approximately 3-6 weeks)
 - Phase 1:
 - Evaluate how much they did over break – hopefully this is a quick phase!
 - Location – Location – Location
 - Control vs. Command
 - Phase 2:
 - Location Drills
 - Pressure pitching
 - Phase 3:
 - Game simulation
 - Counts
 - Live – duplicate game environment as much as possible
 - Weather, crowds, field conditions
 - Emergency Action Plan
 - Pitching when uncomfortable
- GAME DAY! - TRUST THE PREPARATION