

Pitcher:

### Control Phase PFP Script

Date:

	B	S	Pitch	Location	Kick	Hold	R	L	B		B	S	Pitch	Location	Kick	Hold	R	L	B		
1		1	4-FB	6" Out	Slide		1	2			31		1	BB	Mid	Half		1&3	2	R	
2		1	4-FB	6" Out	Slide		1	1			32		1	BB	Mid	Half		1&3	1	R	
3		1	4-FB	6" In	Half	1	1	3			33		1	BB	Mid	Half	1	1&3	3	R	
4		1	4-FB	6" In	Half		1	0			34	1		BB	Mid	Half		1&3	0	R	
5	1		4-FB	3" Out	Slide		1	2			35		1	BB	Mid	Half		1&3	2	R	
			1B Check, Pre-set, Set, Long											Squeeze - Step Off - Throw H							
6	1		2-FB	3" Out	Slide		1	1			36	1		BB	Mid	Half		1&3	1		
7		1	2-FB	3" In	Half		1	3			37	1		BB	3" Out	Full		1&3	3		
8	1		2-FB	3" In	Half	1	1	0			38	1		BB	3" Out	Full	1	1&3	0		
9		1	2-FB	Out	Full		1	2			39		1	BB	3" In	Full		1&3	2		
10		1	2-FB	Out	Full		1	1			40	1		BB	3" In	Full		1&3	1		
			Step-off throw to 2B, 3B, H											Sac Bunt							
11		1	Cutter	In	Slide		1	3			41		1	BB	Out	Slide		1&3	3		
12		1	Cutter	In	Slide		1	0			42		1	BB	Out	Slide		1&3	0		
13		1	Cutter	Mid	Half	1	1	2	R		43	1		BB	In	Slide	1	1&3	2		
14		1	Cutter	Mid	Half		1	1	R		44		1	BB	In	Slide		1&3	1		
15		1	Cutter	Mid	Full		1	3	R		45	1		BB	Mid	Half		1&3	3		
			Pitch Outs											Sac Bunt w/ Bobble							
			Break			%								Break							
5	1	4	4-FB Subtotal			0.8					15	7	8	BB Subtotal		0.533333					
5	2	3	2-FB Subtotal			0.6															
5	0	5	Cutter																		
15	3	12	FB Total			0.8															
16		1	Change	6" Out	Half		2	2						<b>Overall</b>		<b>%</b>					
17	1		Change	6" Out	Half		2	1			5	##	##	4-FB Total		#REF! A					
18	1		Change	6" In	Half	1	2	3			5	2	3	2-FB Total		0.6 A					
19		1	Change	6" In	Half		2	0			5	0	5	Cutter		1 A					
20		1	Change	3" Out	Full		2	2			15	4	11	Change Total		0.733333 A					
			2B: Spin, Inside Slow, Inside Quick										15	7	8	BB Total		0.533333 A			
21		1	Change	3" Out	Full		2	1			45	14	31	Totals		0.688889 A					
22		1	Change	3" In	Full		2	3													
23		1	Change	3" In	Full	1	2	0						<b>Day 10</b>							
24		1	Change	Out	Slide		2	2						<b>Workout</b>							
25	1		Change	Out	Slide		2	1						<b>Flat Ground Pitching Drills - Long Toss Optional</b>							
			3B - 45 Pick		Slide									<b>16 Poles</b>							
26		1	Change	Out	Slide		2	3						<b>15 x 90' Sprints</b>							
27	1		Change	Out	Slide		2	0						<b>3 x 20 Pick-Ups</b>							
28		1	Change	Mid	Full	1	2	2	L					<b>Elastic Tube Exercises</b>							
29		1	Change	Mid	Slide		2	1	L					<b>3lb Weights Shoulder Workout</b>							
30		1	Change	Mid	Half		2	3	L												
			1B & 3B Elbow; Early Break											<b>Goals:</b>							
			Break			%								<b>67% Strikes with Fastballs</b>							
15	4	11	Change Subtotal			0.7333								<b>50% Strikes with Change-up and Breaking Balls</b>							
			<b>Key</b>																		
			<b>4-FB - 4 Seam Fastball</b>																		
			<b>2-FB - 2 Seam Fastball</b>																		
			<b>CH - Change-up</b>																		
			<b>BB - Breaking Ball (Curve or Slider)</b>																		
			<b>S - Slide Step</b>																		
			<b>H - Half Kick</b>																		
			<b>F - Full Kick</b>																		
			<b>WU - Wind-up</b>																		
			<b>P - Pitches</b>																		
			<b>B - Ball</b>																		
			<b>S - Strike</b>																		

