

Pitching Lanes-Up Downs-Put Aways

❖ 12u and Under

➤ 6 Lanes

- Behind
 - $\frac{1}{2}$
- Even
 - $\frac{1}{4}$
- Ahead
 - Black
 - ◆ 4 seam if fastball

❖ 13u-15u

➤ 8 Lanes

- Behind
 - $\frac{1}{2}$
- Even
 - $\frac{1}{4}$
- Ahead
 - Black
 - ◆ 4 seam if fastball
- Way Ahead
 - Off the plate 0-6"
 - ◆ 4 Seam if fastball

❖ 16u and up

➤ 8 Lanes Tight

- Behind
 - $\frac{1}{3}$
- Even
 - $\frac{1}{4}$
- Ahead
 - Black
 - ◆ 2 seam or 4 seam if fastball
- Way Ahead
 - Off the plate 0-6"
 - ◆ 2 seam or 4 seam if away
 - ◆ 4 seam ONLY if pitching IN off the plate

UP Downs

❖ All age groups

➤ Down

- All pitches thrown below strike zone over the plate
 - Above the dirt/catchable
 - Double ups

➤ Up(Letters to Logo)

- 4 Seam fastballs
- Stretch the zone/change eye level
- Climb the ladder
 - ◆ Aggressive hitters

Put Aways

- ❖ All age groups
 - Best off speed pitch
 - In the dirt/blockable
 - Off the plate
 - Back Door(Breaking balls)