



FELLOWSHIP OF  
**CHRISTIAN ATHLETES**  
**BASEBALL**

## From the Dugout



### Flat Ground Work

#### Principals to a good Flat Ground session

1. Always have a plate when you throw a Flat Ground session. Always have the strings up.
2. Verbalize different scenarios, pitch counts etc...
3. Have a purpose for every pitch you throw – compete every pitch

#### Sessions:

- **Mon** = Movement Monday – work and experiment with various fastball grips, finger pressures, wrist positions etc... to get movement on the fastball.
- **Tues** = Top it off Tuesday – work on decision pitch high fastballs. Set up the strings so that you can work on throwing through a high target area. Also work on non-decision pitches 10% of the time.
- **Wed** = Wacky Wednesday – work on various things to throw off hitters comfort and timing...aka Johnny Cueto. Things like no leg kick, hesitation in delivery, quick pitch, step off and back on then deliver, turn your back, different arm angle etc.. Whatever you can think of, and be comfortable with and be effective with doing.
- **Thurs** = Timing disruption Thursday. Work on off-speed pitches. Work on different speeds of change-ups, curveball etc... Use change up grip to throw all day (except when throwing a curveball – or in an intrasquad game). \*\*Use grip when doing a lot of your throwing – even PFP's.
- **Fri** = Find the shins Friday – get the strings out and lower them slightly. Over train pitching below the bottom string (set below knee level at the Shins). Work all pitches.
- **Sat** = Set up inside Saturday – Catcher (throwing partner) always sets up on the inside (1,2 + 5,6) spots. Work on throwing inside pitches at all height levels. Also throw 80% decision pitches and 20% definitely strong inside pitches (1+ and 6+ spots).

May our Awesome God bless you for your dedication and commitment to your teams.

*-Pat Lightle, Player Development, NOVA/DC FCA Baseball*