

# “Proper Pen Plan Prevents Poor Performance”

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- I. Types of Pens
  - a. FPS (Blanket)
  - b. Sequence (Custom)
  - c. Mastery
  
- II. FPS
  - a. Preliminary Work (All)
    - i. Two glove side fast balls
    - ii. Two outer third fast balls
    - iii. Two GMO (get me over) fast balls
    - iv. Repeat with OS
  - b. First Pitch Strike/Two out of hree for strike
    - i. Use specific chart that records only first three pitches
  
- III. Sequence Pen
  - a. Preliminary Work (Same as FPS)
  - b. Customize pitch sequence to the individual pitcher
    - i. Utilize his strengths
    - ii. Help develop out pitch
  - c. Finish the at bat...not just three pitches-work on finishing the hitter
  - d. VS RHH (Wind/Stretch)
    - i. Use Stop Watch in stretch
  - e. VS LHH (Wind/Stretch)
  
- IV. Mastery (Individual)
  - a. High level development of a particular pitch(s)
    - i. 0-2 Chase me
    - ii. 1-2 Beat me
    - iii. Double Ups
    - iv. Triple Ups
    - v. It's that good-throw it again...again...again
    - vi. Full Count
    - vii. Breaking Balls in the dirt
    - viii. Elevated Fast Balls
    - ix. Wrap Breaking Balls
    - x. 3-1 2-0 GMO with best OS pitch
    - xi. Pith Outs

