



Pitch Recognition Program - Pre-Season

(by Dr. Peter Fadde, *gameSense Sports* Chief Science Officer, 2020)

Goal: To implement a program that builds a foundation for Pitch Recognition and Zone Control being part of your team approach.

PROGRAM INTRODUCTION

The head coach and hitting coach introduce the concept and value of Pitch Recognition. This is often done in a team meeting, but can also be a Zoom meeting. *gameSense* subscribers have access to TRAINING MATERIALS, including PowerPoint slides that coaches can add into their own slide set.

Week One – Administer SRT video test

Before players start playing *gameSense*, they should take the Standardized Recognition Test (SRT). The test is 80 pitches and takes about 8 minutes. SRT is a research-quality test so that you can trust the results, which are normed to hundreds of SRT scores. SRT must be taken on a laptop or desktop computer (not on iPhone/iPad). Most teams arrange for players to test as a group in a campus computer room or on rotation if they have computers at the team facility.

Weeks Two/Three - PITCHERS of the WEEK

A great way for coaches to guide players' use of *gameSense*, and for players to have fun competing, is to designate about 2 pitchers per week to COMPETE against. Hitters can play *gS* as much as they want but need to "go on the board" against these pitchers. Scores will display on the pitchers' Leaderboard. Players should build up from BASIC to ADVANCED drills and COMPETE against a pitcher when they are confident.

Players using *gS* on a computer should select "Level: College/Pro" in the Pitcher Library. On iPhone/iPad, choose College/Pro Pitchers. Ideally, a coach that works with hitters should play *gS* regularly and get to know the pitchers in order to assign them. Suggested Pitchers:

- Alyssa B; Haley T. (as Right-Handed Pitcher and Left-Handed Pitcher)
- Shelby B.; Sam S. (as Right-Handed Pitcher and Left-Handed Pitcher)

Week Four – OPEN PLAY

Depending on Contact Time requirements, players can play any Pitchers or Specialty Drills that they want. They should play *gS* for 8-12 minutes in a session; at least 3 sessions per week. Sessions should have a plan, such as beating a pitcher to Advanced level. Some players like to start with Basic and progress; some like to work primarily at Advanced. Coaches can track players' Drill Use with the Coaches Report downloaded from *gS* dashboard on the web app.

This program will cultivate a "*gameSense* habit" in hitters so that they continue with regular use in unsupervised times. It can be a Team Goal to put a 200 score on every College/Pro pitcher before the Leaderboards re-set after 30 days.



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(summary)

Week One – SRT testing done on Desktop or Laptop computer. 8 minutes.

Week Two – Pitchers-of-the-Week for players to COMPETE against: Alyssa, Haley.

Week Three – Pitchers-of-the-Week for players to COMPETE against: Shelby, Sam.

Week Four – Open Play for at least 3 sessions (8-12 minutes/session).

Sessions should have a Plan, such as Beat a Pitcher to Advanced level or Explore XTRA drills to address their weaknesses (Combo Pitches; Known Pitch – Ball or Strike).