

BFS Clinician Rick Bojak discusses BFS Baseball with a young athlete and his family.

## BFS Baseball:

# Total Pitching Program

Teaching young pitchers the proven mechanics of today's MLB players

Although a talented hitter who has mediocre fielding skills can still be a valuable member of a baseball team, there is no such thing as a one-dimensional pitcher. Pitchers not only must have a variety of weapons in their throwing arsenal but also must be able to field his position. And they must be able to perform at the highest levels, consistently, because a single lapse in concentration can cause a game to be lost.

To be able to accept the challenge and responsibilities of being a pitcher, an athlete must first master all the fundamentals of the game. And that's where BFS comes in.

BFS Baseball has assembled a staff with 60 years' combined experience in professional playing, coaching and scouting. Baseball is their passion, but they still remain students of the game who are committed to improving their knowledge of the best ways to develop the skills and mental approach

to the game. One of these talented individuals is Brooks Kieschnick, former player for Cincinnati, Colorado, Chicago and Milwaukee. Kieschnick is the host of the *BFS Baseball Total Pitching Program DVD*.

Kieschnick says that one of the unique aspects of baseball is that many people consider it a game about failure. For example, in hitting you can fail seven out of ten times and still go to the Hall of Fame. And this is one of the reasons that Kieschnick loves the game: It's not about failure but *overcoming* your failures.

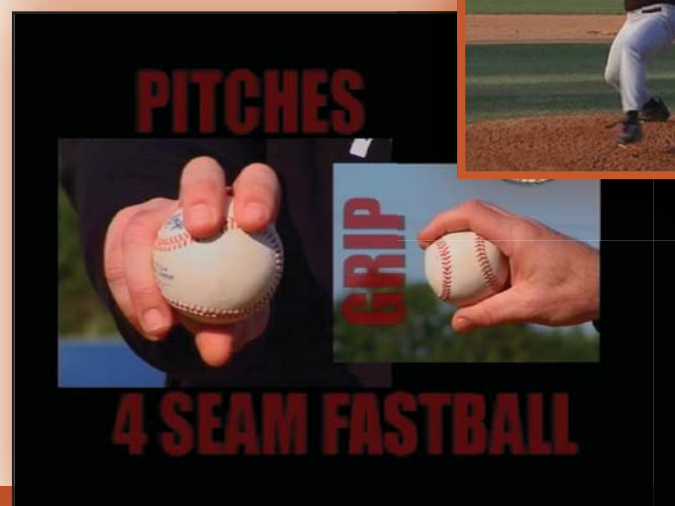
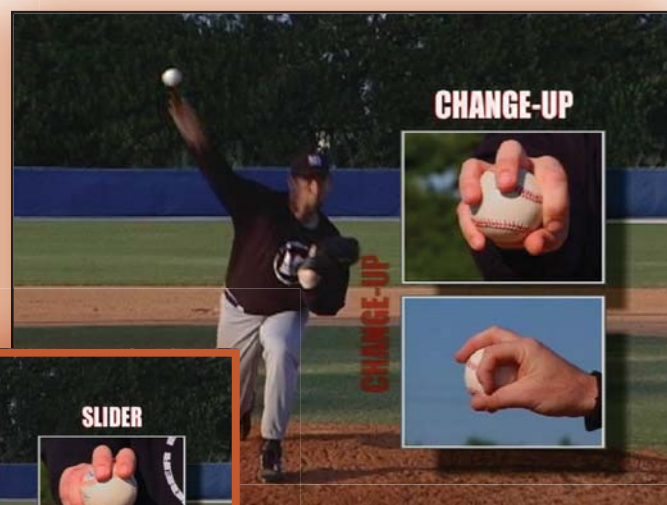
The BFS Total Pitching Program covers five core components of successful pitching: Pitching Mechanics, Types of Pitches, The Pitching Plan, The Mental Approach, and The Practice Drills. "This is a how-to DVD," says Kieschnick, "meant to be viewed over and over. If you implement these techniques and master them, your game will improve dramatically." BFS







**PITCHING MECHANICS:** Pitching mechanics is a combination of many movements that need to be repeated with every pitch. The eight core components of pitching mechanics are as follows: (1) Stance, (2) Step Back, (3) Crossing your T, (4) Balance Point, (5) Breaking of the Hands, (6) Landing Leg, (7) Arm Slot and (8) Release Point.



**TYPES OF PITCHES:** There are five basic types of pitches: 2 Seam Fastball, 4 Seam Fastball, Change-Up, Curveball, and Slider. To protect rapidly maturing bodies, at BFS we recommend that young athletes throw only fastballs and change-ups until they get to high school.



**THE PITCHING PLAN:** The pitching plan is a game plan on how pitchers should approach the game. It requires focusing on six areas: Throwing Strikes, Working Fast, Staying Ahead, Being Unpredictable, Moving the Ball Around, and Keeping the Hitters Off Balance.

**THE MENTAL APPROACH:** The mental approach to pitching should focus on improving confidence, developing visualization skills, and believing in yourself.



**PRACTICE DRILLS:** There are three basic types of practice drills for pitchers: Balance, One Knee, and Release Point. These drills are needed to establish and reinforce good habits.





**PITCHING**



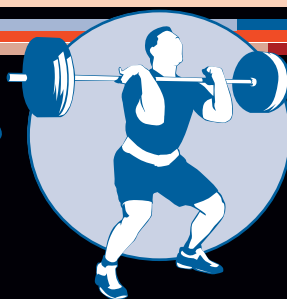
**HITTING**



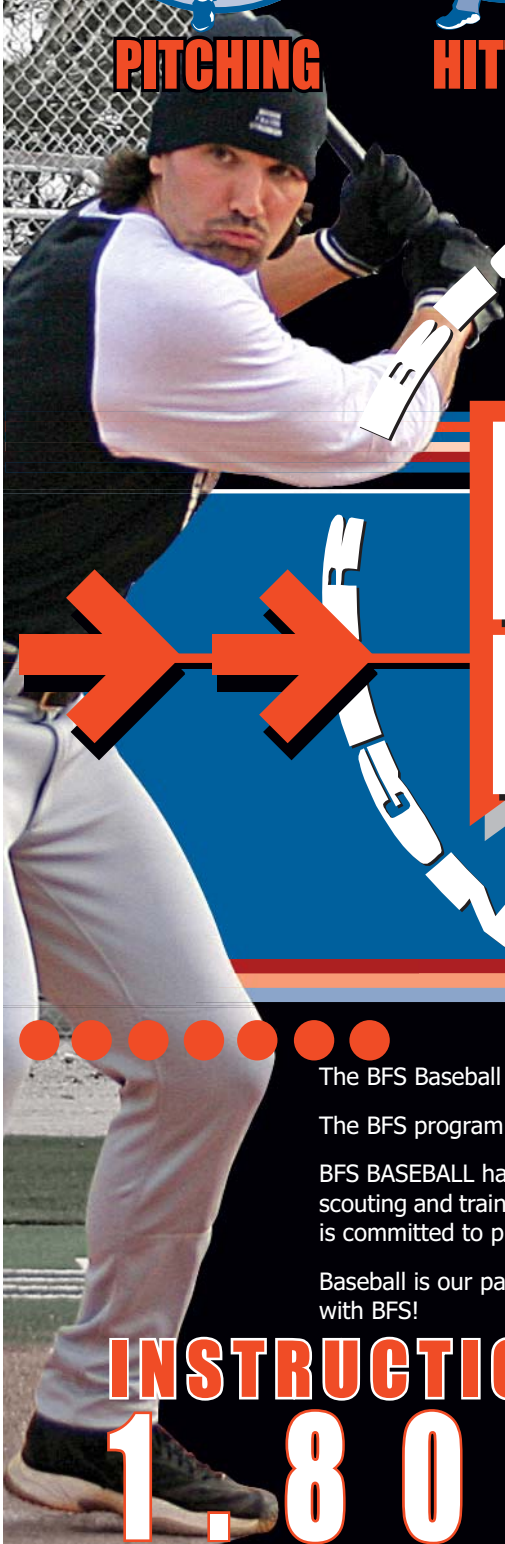
**FIELDING**



**CATCHING**



**STRENGTH**



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The BFS Baseball Total Program significantly improves all aspects of baseball performance.

The BFS program will make you run faster, throw farther, hit harder and become more explosive! You will win!

BFS BASEBALL has assembled a tremendous staff of professional players with over 70 years of coaching, playing, scouting and training experience in order to provide you with the best instruction possible. The BFS BASEBALL staff is committed to providing you with leading edge information and technology to take your game to the next level!

Baseball is our passion and we look forward to making it yours!! Join 7000 high school programs already winning with BFS!

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