

POWERNET®

PITCH PERFECT TRAINING GUIDE



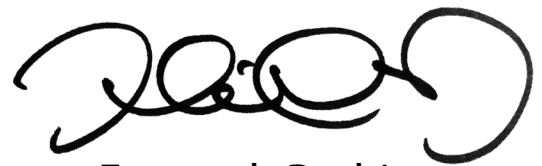

Fernando Rodriguez
RP | Chicago Cubs



1095 | PITCH PERFECT TARGETS

PRO DESIGNED

Thank you for purchasing the Powernet Pitch Perfect Targets. This product was developed in constant pursuit of finding ways to personally improve my pitching. It was a lot of fun for me to see an idea that has worked for me come to life and become available for anyone looking to enhance their game. I hope it helps you as much as it has helped me.



FernandoRodriguez
RP | Chicago Cubs

Fernando Rodriguez was drafted in 2004 by the Anaheim Angels. He has collaborated on developing the PowerNet Pitch Perfect targets as a way to consistently work on accuracy and strategy. "With the targets, I don't have the excuse of saying there's nobody to play catch with."

Much like a bullpen session, the pitcher receives immediate feedback with every pitch. Each successful target hit results in a sound mimicking a ball hitting a leather glove. Solo training sessions allow for maximum reps and precise refinement—all without the need for a catcher.

Please keep in mind that the following is just a guideline. Each pitcher is unique and may find alternative methods from their coaches. This is easily accommodated as the targets can be quickly rearranged and customized. This is part of what makes it such an effective training tool.

Beginner Guide

Introduction

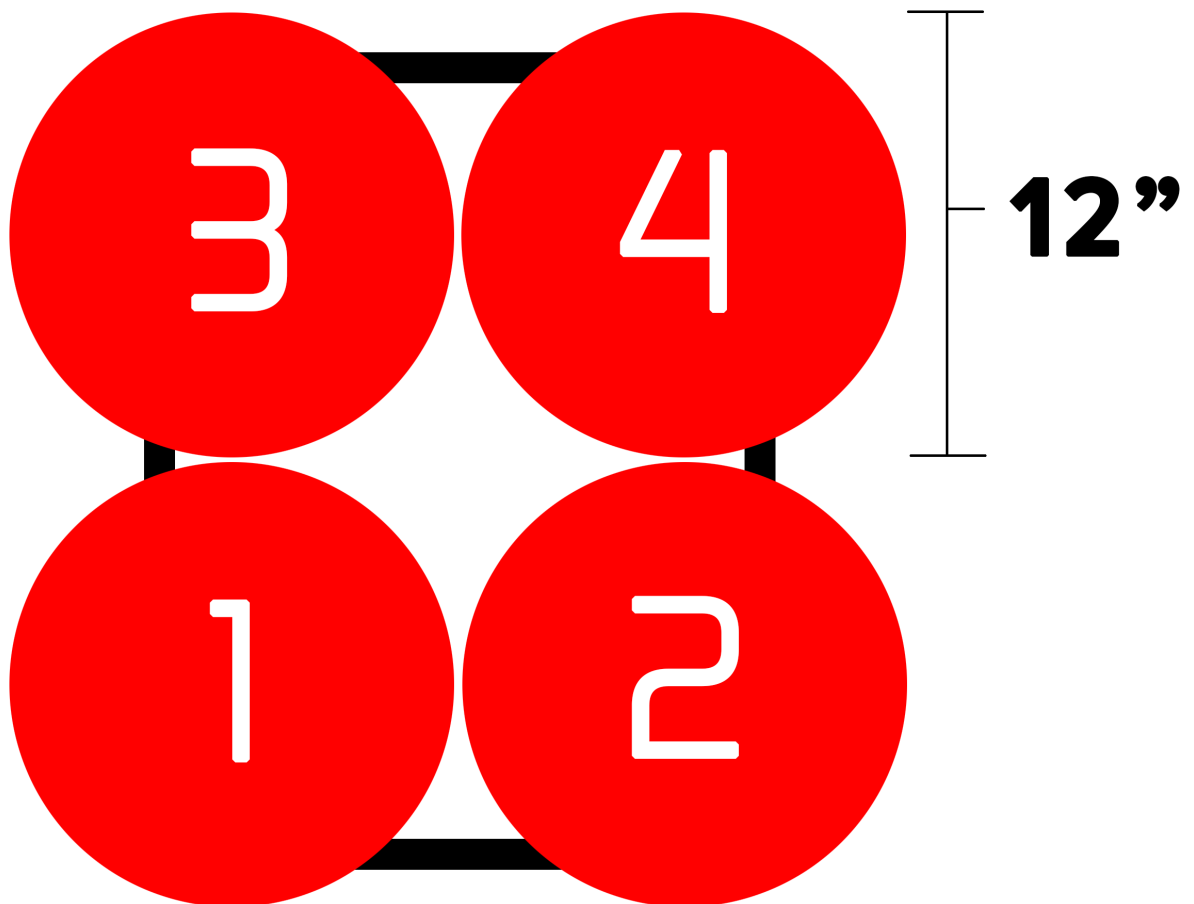
The beginner program is all about fun for the kids while also developing the building blocks of pitching strategy. It introduces the power of using the eyes and helps to develop focus.

At this stage, all that's required is having the pitcher call out a target and then attempt to hit it. For some variety, games such as "HORSE" (2 players try to mimic each other's move) or "21" (first to score 21 points, alternating throws) can be shuffled in.

Setup

Only the largest targets will be used. Use either of the following Beginner Setups.

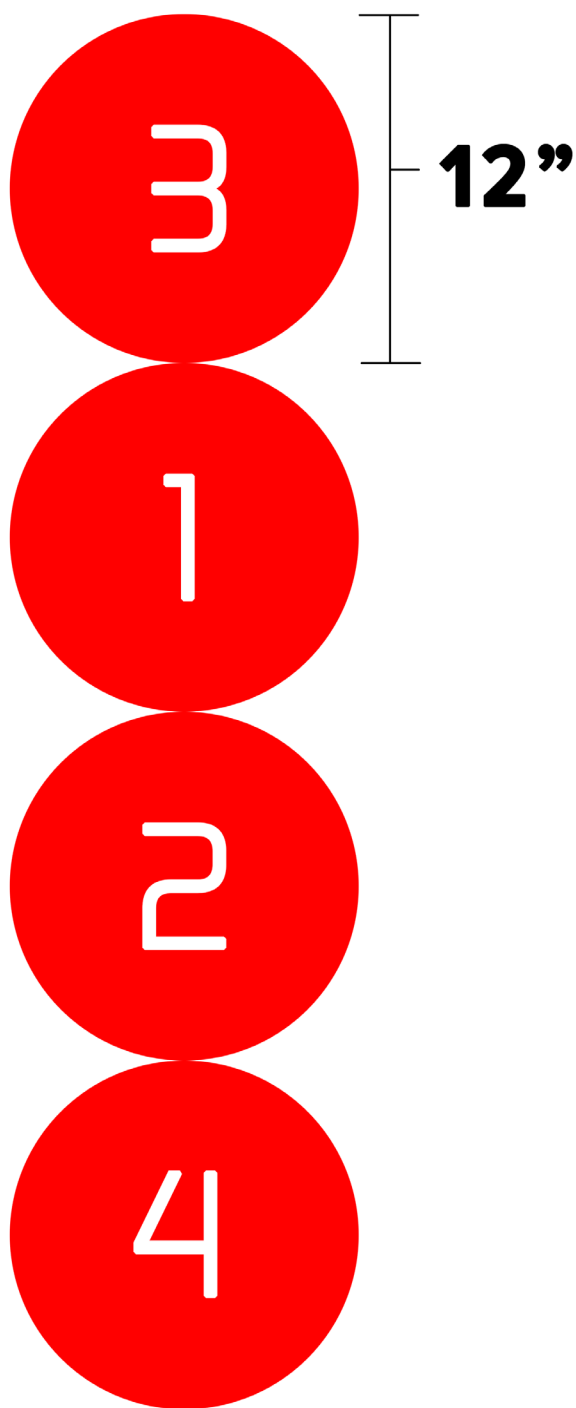
"BASIC / HORSE"



* Strike zone is generalized. An actual strike zone net attachment is available separately.

Training Tips

- Before each throw, read aloud your intended target.
- Keep your eyes on the target throughout your entire delivery.
- Take your time in-between pitches.



Transitioning to the Intermediate Program

For beginners, hitting their targets is rewarding and naturally encourages the challenge of a smaller target. When the pitcher is consistently able to hit their intended target, it is likely they are ready to transition to the intermediate program where smaller targets will present a new challenge.

Intermediate Guide

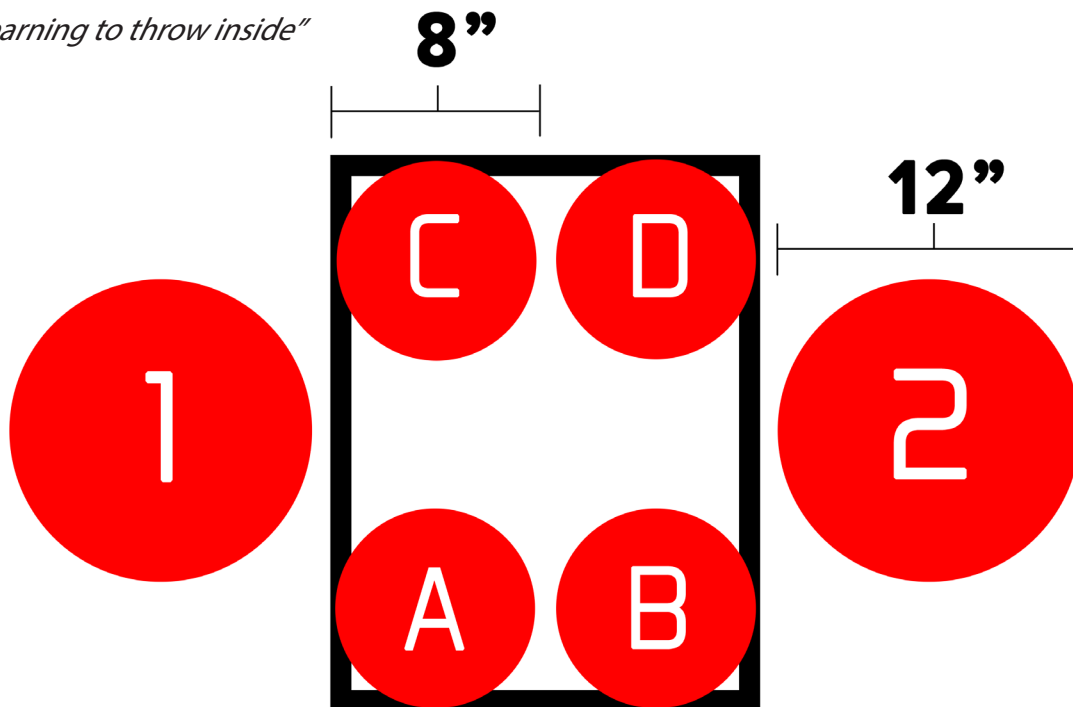
Introduction

The recommended age for the intermediate program is 12 and up. Command is there, as is the desire to understand the “why” of pitching. This target arrangement allows for less margin of error and leaves nothing down the middle. “Painting the corners” becomes a focus of the pitcher’s eyes. Purpose targets are introduced and are meant to expand the zone to create swings and misses.

Setup

Here we’ll introduce the 8” targets. Use either of the following Intermediate Setups.

SETUP 1 *“Learning to throw inside”*



Instructions:

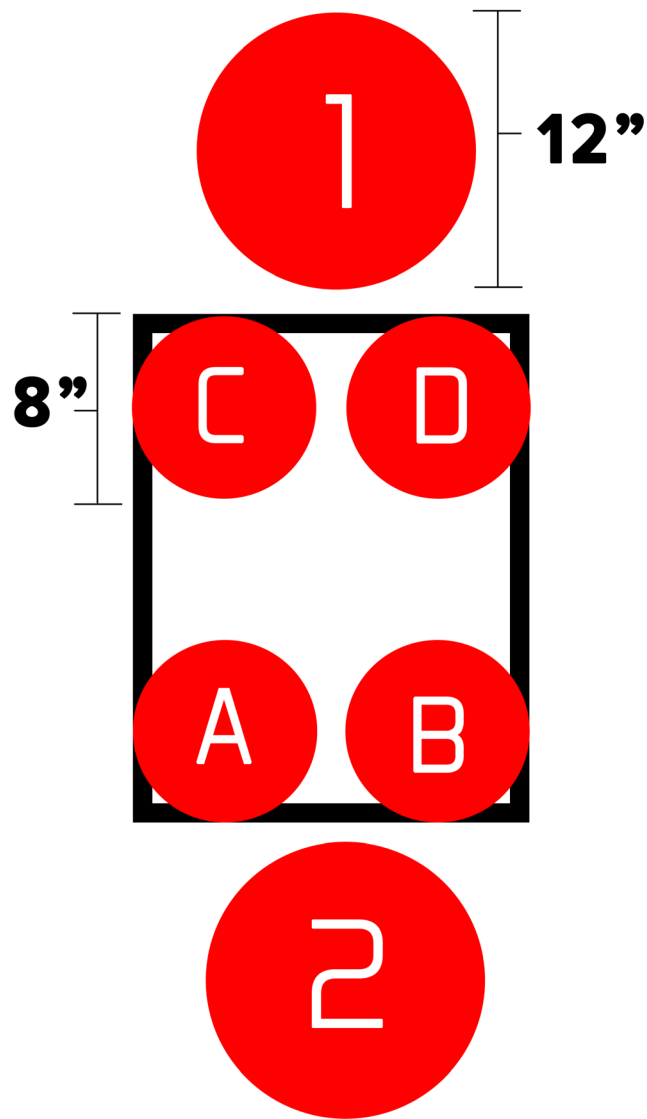
- **B:** Fastball (FB) arm side (*in zone*)
- **2:** FB arm side (*out of zone*)
- **A:** FB glove side (*in zone*)
- **1:** FB glove side (*out of zone*)
- Repeat sequence using C+D targets

* Strike zone is generalized. An actual strike zone net attachment is available separately.

Training Tips

- Don't be afraid to mix in your slide step.
- Keep the mentality that every pitch has a purpose.
- Use a hitter's aggressiveness against him or her by expanding the zone.

INTERMEDIATE SETUP 2 *"Learning how to elevate"*



Instructions:

- **D:** Fastball (FB) up (*in zone*)
- **1:** FB up (*out of zone*)
- **B:** FB down (*in zone*)
- **2:** FB down (*out of zone*)
- Repeat sequence using A+C targets

* Strike zone is generalized. An actual strike zone net attachment is available separately.

Transitioning to the Advanced Program

When the intermediate program is no longer a challenge and the pitcher wants to understand MLB-level processes, they may be ready to transition to the advanced program. There, the targets become even smaller. The program is designed to feed a hungry, determined pitcher with a wealth of pitching knowledge and in-game simulation. The pitcher should be able to throw fastballs, breaking balls, and their changeup before advancing.

Advanced Guide

Introduction

At this stage, locating your pitches is everything. Your control is refined and you can really pick your spots. Your goal should be to try and get a hitter out on three pitches or less. Having that mentality will keep you attacking the zone, pumping strikes and getting early outs.

Hitters have to adjust pitch-by-pitch, so disrupting their timing and changing the hitter's eye is critical. This is the reason for the wide spacing and smaller targets of the Expert target layout.

With more game-like thinking, the expert program will help you work on two-pitch combos that are a major part of a pitcher's repertoire. It helps expand the strike zone by changing the locations of pitches especially some that work best one after another.

Setup

Choose any layout to go through a variety of sequences. Pitches used include a curveball (CB), slider (SL), fastball (FB) and changeup (CH).

Focus Points

For off-speed pitches to be effective they either have to start in the zone and work out or, start out of the zone and work in. Essentially, the Focus Points are where you're aiming, then allowing the action of the pitch to work vertically or side-to-side. Everyone's action on their ball is different but you need to know where to throw your off-speed to control its action. A simple adjustment to the target positioning can help you really dial-in.

Target Sizes

You'll only need the 8 and 4 inch targets for the advanced setups. They'll be used interchangeably as either focus points or intended targets.

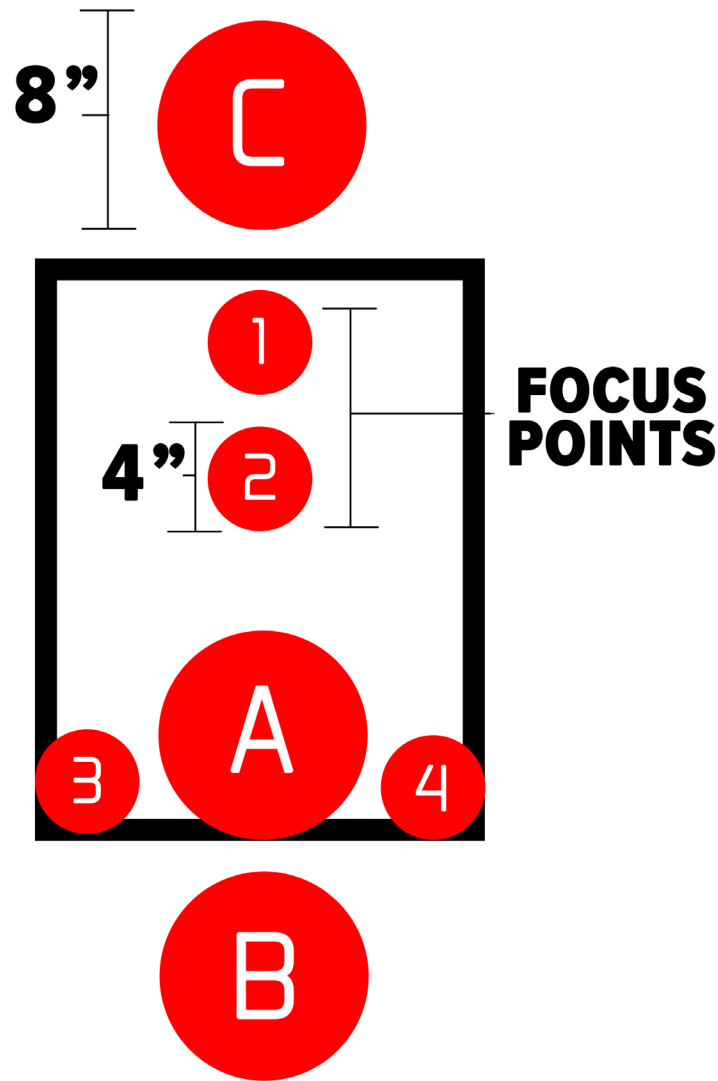
Target Arrangement

Depending on if you're a right or left handed pitcher, you may have to mirror the target arrangements below. Also consider whether you're simulating pitching to a right or left handed batter.

Training Tips

- "Aim small, miss small."
- Don't shy away from contact. Let your defense work for you—trust your defense.
- The best hitters make outs 70% of the time.
- The quicker you get outs, the less pitches the opposing team sees to pick up on your stuff.

ADVANCED SETUP | CURVEBALL-FASTBALL COMBO (RHP/LHP TO BOTH LH and RH HITTER)



Sequence 1:

- Curveball (CB): *Focus 1* to hit target **A**
- CB: *Focus 2* to hit target **B**
- Fastball (FB): **C**

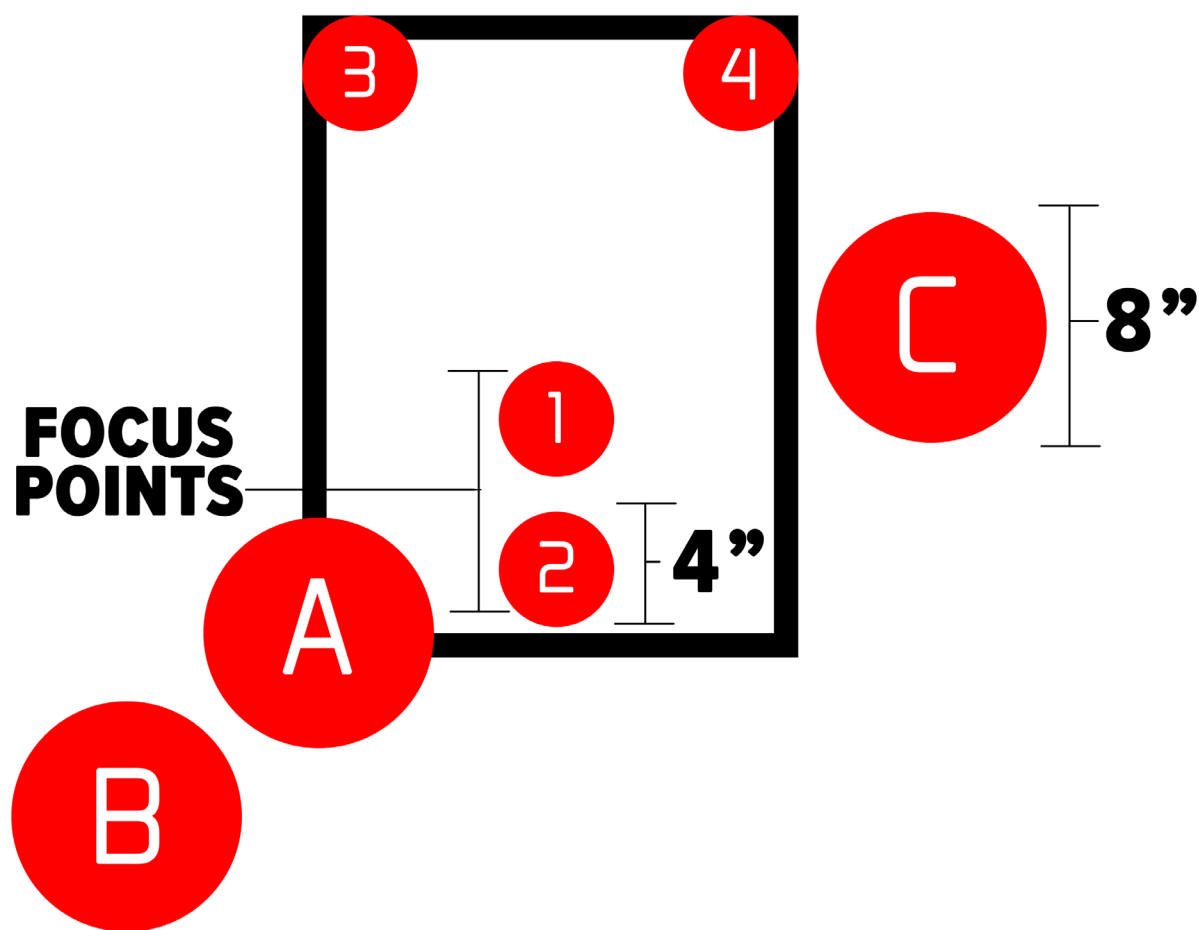
This combo really expands the strike zone vertically. As you show you can throw the CB for a strike, it makes hitters more aggressive with the next ones you throw, especially down and out of the zone. Going with back-to-back CBs slows the hitter's timing and eye gaze enough to make the high FB more enticing for the hitter to swing at.

Note: Most pitchers aren't throwing a 12 to 6 curveball. Use this layout as a concept and adjust according to your own movement if needed.

Sequence 2:

- FB: **3**
- CB: *Focus 1* to hit target **A**
- CB: *Focus 2* to hit target **B**

FB/CB combos are great for throwing off the hitter's timing. With this combo you are expanding the zone down by throwing the first CB for a strike and coming back with another in the dirt.



Sequence 1:

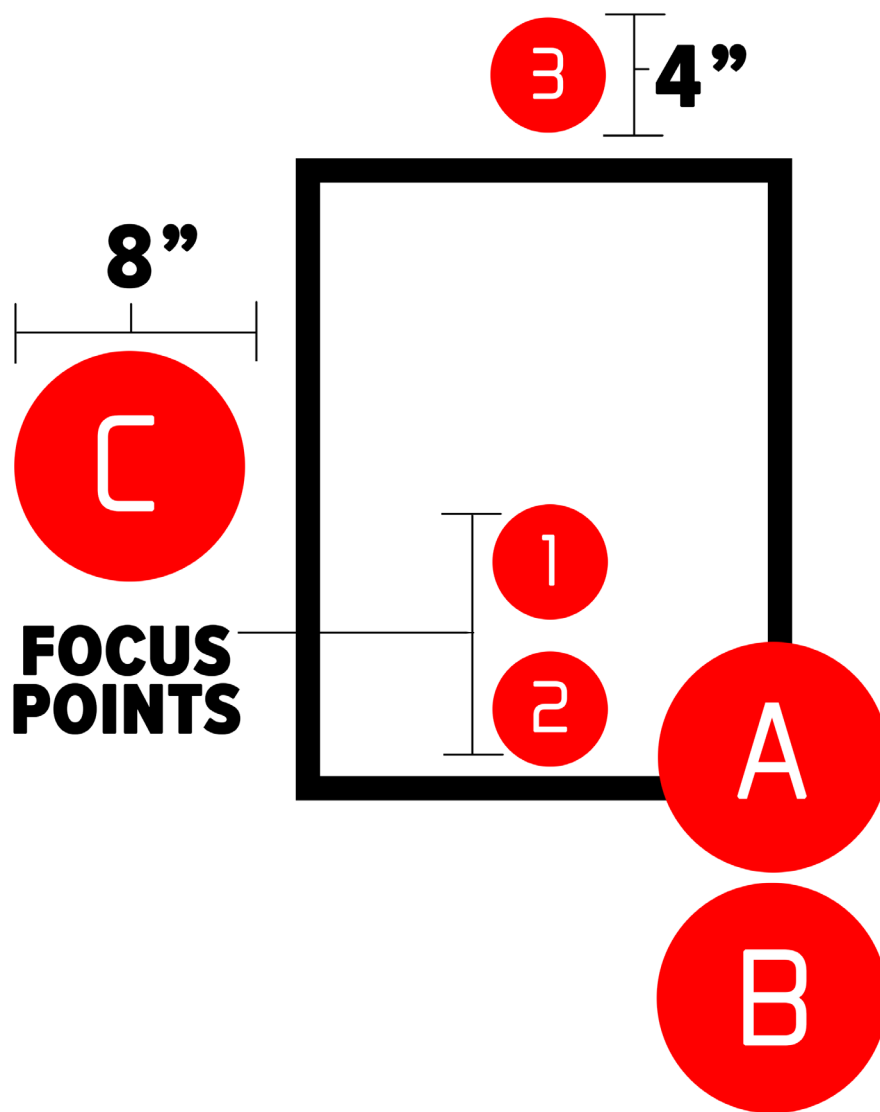
- Slider (SL): *Focus 1* to hit target **A**
- SL: *Focus 2* to hit target **B**
- Fastball (FB): **4**

This sequence gets the hitter to be aggressive towards the outer half of the plate since everything is going away from them. This makes the FB the most effective pitch. By going with a FB for a strike up-and-in in the zone, you are trying to put it as close as you can to their hands so they won't be able to extend their arms.

Sequence 2:

- FB: **C**
- FB: **4**
- SL: *Focus 1* to hit target **A**
- SL: *Focus 2* to hit target **B**

This combo first backs the hitter off and stands them up with the FBs. This then sets them to up chase the slider in the dirt down and away after throwing one for a strike.



Sequence 1:

- Changeup (CH): *Focus 1* to hit target **A**
- CH: *Focus 2* to hit target **B**
- Fastball (FB): **3**

This combo really slows the hitter's timing as you throw back-to-back changeups that are down and moving away from the hitter. Coming back with a FB out of the zone will be more enticing for the hitter to swing at as it is up at their eye level.

Sequence 2:

- CH: *Focus 1* to hit target **A**
- FB: **C**
- CH: *Focus 1* to hit target **A**

This combo starts soft to end soft. The FB is the most effective pitch as you speed up the hitter's perception by going in, off the plate. Throwing first pitch changeups throws the hitter off especially when you know how to pitch with your fastball.



The PowerNet Pitch Perfect Targets hang on any of our hitting nets including the 8x8 XLP PRO, the 7x7 DLX, and 5x5 Starter.

They can be used with or without the PowerNet strike zone (sold separately.)

POWERNET®
Out Work! Out Play!

Our Vision

Building confidence through sports is a far-reaching achievement that requires time and repetition.

Winners aren't built overnight. But the ones who create good habits and challenge themselves to be the best version they can be, walk away with something even greater than the game; pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our dedication to providing quality equipment at affordable prices has never wavered. Our commitment to getting our gear in the hands of the player continues to be our driving force. Our hope is to play a role in building winners not only in sports but in life as well. We trust in the process of training and hard work-- and leaving it all on the field.

Thank you for choosing Powernet

Other Items Available:



Weighted Training Balls



Wheeled Ball Cart

*Out Work!
Out Play!*

