



Precision Pitching Explores Qualities That Separate Good Pitchers From Great Ones

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As athletes transition from summer competition into fall training and begin preparing for the upcoming season, Precision Pitching is highlighting the habits and mindsets that distinguish good pitchers from truly great ones. While natural talent can open doors, long-term success at higher levels stems from consistency, preparation, resilience, and a commitment to ongoing development.

Every pitcher aims to improve and compete at elevated levels, but the difference between good and great often lies in the small things done repeatedly over time. Great pitchers build sustainable habits that extend beyond scheduled training sessions. They take ownership of their routines, prioritize recovery, and seek ways to refine their craft throughout the year, even when coaches are not present.

Preparation stands out as a defining characteristic. Elite pitchers follow structured programs that address mechanics, strength, and mental aspects on a consistent basis. This dedication helps create repeatable deliveries and efficient movement sequences, reducing the risk of inconsistency under pressure. Precision Pitching's science-backed methodology supports this through individualized plans that incorporate biomechanics analysis, functional strength training, and data-driven feedback at its Red Wing facility.

Resilience also plays a critical role. Pitchers at every level face adversity—tough outings, mechanical setbacks, or performance slumps. Great pitchers respond constructively, using challenges as learning opportunities rather than allowing them to derail progress. This mental toughness, combined with coachability, enables faster growth. Athletes who remain open to feedback, make adjustments, and trust the development process typically advance more effectively.

Ryan Christenson, lead coach at Precision Pitching with over 20 years of experience, said, “Great pitchers are not simply born—they are developed through commitment, consistency, and a passion for improvement. The athletes who continue to grow, learn, and embrace the process are the ones who ultimately separate themselves from the competition.”

Fall training offers an ideal time for reflection and goal-setting. Athletes and families can assess current habits, identify areas for strengthening, and establish clear objectives for the coming year. Precision Pitching emphasizes long-term development over short-term results, helping participants build the complete skill set needed for sustained success. Programs focus on command, velocity improvement where appropriate, arm health, and mental resilience to create well-rounded competitors.

The organization’s comprehensive approach has supported more than 1,000 athletes overall, including over 75 who have advanced to collegiate or professional levels. Testimonials from participants highlight the impact of this process. One former professional pitcher praised the individualized planning and results that extended beyond the field. A parent noted tremendous strides in mechanics, velocity, accuracy, and character development, including leadership and teamwork skills.

Precision Pitching integrates arm care as a foundational element, with targeted exercises for stabilization, deceleration, and workload management. This helps athletes train intensely while promoting longevity and reducing injury risk. The hybrid model, offering both in-person sessions in Red Wing and remote options, provides flexibility for athletes balancing school, fall ball, and other commitments.

As fall baseball ramps up, the organization encourages a focus on controllable factors: daily effort, preparation routines, attitude, and steady improvement. These elements form the foundation for athletes who not only perform well in the moment but build careers defined by reliability and growth. Great pitchers emerge from those who treat development as a continuous journey rather than a series of isolated events.

Precision Pitching operates as a sports performance training company specializing in pitcher development and overhead athlete training. Based in Red Wing, Minnesota, and led by Ryan Christenson, the organization

delivers expert, science-based coaching that sharpens mechanics, boosts velocity, and prioritizes arm health within a supportive environment. Services include personalized group and private sessions for athletes of all ages and skill levels.

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For more information about Precision Pitching, contact the company here: Precision Pitching Ryan Christenson 651-301-5381 coachc@precisionpitching.net 1926 Old W Main St, Red Wing, MN 55066

Precision Pitching

Under the guidance of Ryan Christenson, our program sharpens mechanics, boosts velocity, and prioritizes arm health-all within a supportive, performance-driven environment.

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