

# Bullpen Routine

Fastballs ONLY

## Stretch

**3 FB Glove Side**

**2 FB Glove Side**

*Slide Step/Load 'N Go*

**3 FB Arm Side**

**2 FB Arm Side**

*Slide Step/Load 'N Go*

**2 Pitch Out - RHH**

**2 Pitch Out - LHH**

**14 Total**

## Wind-Up

**3 FB Glove Side**

**2 FB Middle Up**

**3 FB Arm Side**

**2 FB Middle Up**

**1 FB Middle**

**11 Total**

*If you feel the need to repeat the same pitch you just threw, go for it. Focus on detail and strive to make each rep meaningful.*

- Throw with INTENT.
- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch.
- Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!
- EXECUTION...EXECUTION...EXECUTION...Hit your spot!!

# Bullpen Routine

Fastballs & Change Ups

## Stretch

**3 FB Glove Side**

**1 FB Glove Side**

*Slide Step/Load 'N Go*

**3 FB Arm Side**

**1 FB Arm Side**

*Slide Step/Load 'N Go*

**3 CH Mid Down**

**2 Pitch Out - RHH**

**2 Pitch Out - LHH**

**15 Total**

## Wind-Up

**3 FB Glove Side**

**1 FB Middle Up**

**3 FB Arm Side**

**1 FB Middle Up**

**3 CH Mid Down**

**1 FB Mid Down**

**3 CH Mid Down**

**1 FB Your Choice**

**16 Total**

- Throw with INTENT.
- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch.
- Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!
- EXECUTION...EXECUTION...EXECUTION...Hit your spot!!
- Repeat a pitch and make adjustments according to weaknesses when needed.

# Bullpen Routine

● Fastball - Change Up - Breaking Ball

## Stretch

**3 FB Glove Side** *2 Regular  
1 Slide Step*

**1 FB Middle Up**

**3 FB Arm Side** *2 Regular  
1 Slide Step*

**3 CH Middle** *2 Regular  
1 Slide Step*

**1 FB Middle Up**

**3 CB/SL** *Strike  
Put Away  
Back Door*

**1 Pitch Out - RHH**

**1 Pitch Out - LHH**

**16 Total**

## Wind-Up

**3 FB Glove Side**

**1 FB Middle Up**

**3 FB Arm Side**

**3 CH Middle**

**1 FB Middle Up**

**3 CB/SL** *Strike  
Put Away  
Back Door*

**1 FB Arm Side**

**15 Total**

**\*\*Finish with a simulated hitter\*\***

- Throw with INTENT.
- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch.
- Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!
- EXECUTION...EXECUTION...EXECUTION...Hit your spot!!
- Repeat a pitch and make adjustments according to weaknesses when needed.