

BULLPEN ROUTINE

Fastballs - Change Ups - Breaking Balls

Stretch

3 FB Glove Side 2 Leg Lift
1 Slide Step/
Load 'N Go

1 FB Middle Up

3 FB Arm Side 2 Leg Lift
1 Slide Step/
Load 'N Go

3 CH Middle 2 Leg Lift
1 Slide Step/
Load 'N Go

1 FB Middle Up

3 CB/SL Strike
Put Away
Back Door

1 FB Choice

15 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 Choice

15 Total

Finish with a simulated batter

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.

BASEBALL DUDES

BULLPEN ROUTINE

Fastballs & Change Ups

Stretch

3 FB Glove Side 2 Leg Lift
1 Slide Step/
Load 'N Go

1 FB Middle Up

3 FB Arm Side 2 Leg Lift
1 Slide Step/
Load 'N Go

1 FB Middle Up

3 CH Mid Down 2 Leg Lift
1 Slide Step/
Load 'N Go

1 FB Mid Down

3 CH Mid Down 2 Leg Lift
1 Slide Step/
Load 'N Go

1 FB Choice

16 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 Choice

16 Total

Finish with a simulated batter

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.

BASEBALL DUDES

BULLPEN ROUTINE

Fastballs ONLY

Stretch

3 FB Glove Side 2 Leg Lift
1 Slide Step/
Load 'N Go

2 FB Middle Up

3 FB Arm Side 2 Leg Lift
1 Slide Step/
Load 'N Go

2 FB Middle Up

2 FB Middle 2 Slide Step/
Load 'N Go

11 Total

Wind-Up

3 FB Glove Side

2 FB Middle Up

3 FB Arm Side

2 FB Middle Up

2 FB Middle

11 Total

Finish with a simulated batter

*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!!

Repeat a pitch and make adjustments according to weaknesses when needed.

BASEBALL DUDES