

## PITCHER BULLPENS

**OMAHA - A PEN WHERE YOU HAVE TO EXECUTE PITCHES BEFORE MOVING TO THE NEXT PITCH. EXP - MUST EXECUTE 2 BOX FASTBALLS BEFORE MOVING ON TO THE GLOVE FASTBALL. MAXIMUM OF 30 PITCHES ALLOWED. ONCE YOU THROW PITCH 30 YOU ARE FINISHED (MAKE NOTE OF WHERE YOU FINISHED AS I WILL WANT TO KNOW).**

<u>FASTBALL SERIES</u>			<u>BREAKING BALL SERIES</u>			<u>CHANGE UP SERIES</u>		
BOX	2		BOX	3		BOX	3	
GLOVE	2		BURY	2		ARM	2	
ARM	2							
UP	2							

**COMPLETE THE PEN IN: 29-30 PITCHES - LEAGUE CHAMP; 27-28 - DISTRICT CHAMP; 25-26 - REGIONAL CHAMP; 24 OR LESS - STATE CHAMP!**

**PREGAME (25-40PITCHES) - A PEN YOU WILL THROW WHEN WARMING UP TO START A GAME**

### **GET A FEEL FOR PITCHES - 10-20PITCHES**

**FASTBALL:** START WITH BOX FASTBALL, THEN GLOVE, THEN ARM, THEN ELEVATE. IDEA IS TO GET A FEEL FOR RHYTHM/TIMING AND RELEASE POINT TO HAVE COMMAND OF YOUR FASTBALL BEFORE MOVING ON TO YOUR BREAKING BALL.

**BREAKING BALL:** GET A FEEL FOR BOX BREAKING BALL THEN A BURIED (FRONT OF PLATE) BREAKING BALL. FEEL YOUR RHYTHM, RELEASE POINT, AND SPINNING THE BASEBALL ON THE PROPER PART OF THE BALL.

**CHANGE UP:** GET A FEEL FOR YOUR BOX CHANGE UP AND ARMSIDE CHANGE UP. FEEL YOUR RHYTHM AND RELEASE POINT WHILE FOCUSING ON MAINTAINING FASTBALL ARM ACTION AND THROWING THE INSIDE OF THE BASEBALL.

**ONCE YOU HAVE FEEL, TAKE A WATER BREAK AND A 2MIN BREAK THEN COME BACK FOR COMBOS.**

### **GAME LIKE COMBINATIONS - 10-20PITCHES**

**COMBOS:** THROW 2 PITCH COMBINATIONS. WITH FASTBALL/BREAKING BALL COMBO WORK ON THROWING YOUR BREAKING BALL OFF YOUR FASTBALL PATH. SAME WITH CHANGE UP. 5-10 COMBOS FOR 10-20 TOTAL PITCHES.

**IN TOTAL, NO MORE THAN 40 PITCHES. IF YOU HAVE FEEL AND FEEL GOOD ABOUT YOUR COMBOS, THEN YOU'RE READY FOR THE GAME. MOST THROW 30 PITCHES. SOME GO TO 40. BUT NEVER MORE THAN 40.**

**LIVE:** NORMALLY YOU WOULD FACE HITTERS IN THIS PEN. BUT WHEN UNABLE TO FACE HITTERS, SIMULATE THROWING TO HITTERS WORKING COMBINATIONS.

\*CATCHERS CALL BALLS AND STRIKES (OR USE THE STRIKE ZONE ON THE TARGET SCREEN).

\*HITTERS EITHER STRIKE OUT OR WALK.

\*IF YOU WALK A HITTER, THROW THE REST OF THE INNING FROM THE STRETCH WITH RUNNER AT 1ST BASE. WALK ANOTHER BATTER THEN RUNNER AT 2ND BASE, ETC.

\*IF YOU GET TO YOUR PITCH COUNT TOTAL, FINISH THE HITTER THEN BE DONE.

\*NOT WORRIED ABOUT OUTS, BUT 15 PITCHES IS AN INNING

\*IF YOU HAVE 30 PITCH LIVE PEN, THEN THROW 15 PITCHES, TAKE A 5 MINUTE BREAK, THEN FINISH YOUR FINAL 15. THUS 30 PITCH LIVE IS LIKE SIMULATING TWO INNINGS.

### **32 PITCH PEN**

#### **WINDUP - NO ONE ON BASE**

8 FASTBALL (FB) - BOX (2); GLOVE (2); ARM (2); UP (2)

4 CHANGE UP (CH) - BOX (4)

4 BREAKING BALL (BB) - BOX (4)

2 MINUTE BREAK

#### **STRETCH - RUNNER AT 1ST BASE**

8 - COMBOS (4) - FB/CH; FB/CH; FB/CH; FB/CH

8 - COMBOS (4) - FB/BB; FB/BB; FB/BB; FB/BB

### **40 PITCH PEN**

#### **WINDUP - NO ONE ON BASE**

8 - FASTBALL - BOX (2); GLOVE (2); ARM (2); UP (2)

6 - CHANGE UP - BOX (3); ARM (3)

6 - BREAKING BALL - BOX (3); BURY (3)

2 MIN BREAK

#### **STRETCH - RUNNER AT 1ST BASE**

10 - COMBOS (5) - FB/CH; FB/BB; FB/CH; FB/BB; FB/CH

#### **STRETCH - RUNNER AT 2ND BASE**

10 - COMBOS (5) - FB/BB; FB/CH; FB/BB; FB/CH; FB/BB