



Bullpen Routine



Fastball - Change Up - Breaking Ball

30 PITCH BULLPEN

Stretch

3 FB Glove Side

1 FB Middle

3 FB Arm Side

3 CH Middle

1 FB Glove Side

3 CB/SL Middle

1 FB Arm Side

15 Total

Wind-Up

3 FB Glove Side

1 FB Middle

3 FB Arm Side

3 CH Middle

1 FB Glove Side

3 CB/SL Middle

1 FB Arm Side

15 Total

****Finish with facing a simulated hitter****

- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch...For a strike or a put away 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!!

GREELEY GRAYS BASEBALL