

## 5 Set Bullpen Routine

All of your throwing should be completed prior to your bullpen.

### Sequences:

<i>555 Set</i>	5 Fastballs / 5 Change-Ups / 5 Breaking Balls
<i>Fastball Set</i>	2 Seam FB / 4 Seam FB / Change-Up / 4 Seam FB / 2 Seam FB
<i>Change-up Set</i>	4 Seam FB / Change-up / Change-up / 4 Seam FB / Change-up
<i>Breaking Ball Set</i>	Slider or Curveball / 2 Seam FB / Slider or CB / Slider or CB / 2 Seam FB
<i>Execution Set</i>	4 Seam FB / Change-up / 2 Seam FB / Slider or CB / 4 Seam FB

**\*Repeat any miss on the EXECUTION SET**

## Pitching

It's an everyday process...

- *Battle*
- *Invest*
- *Follow the plan*

### Fundamental Skills

Repeatable Delivery

- Stretch
- Windup

Pitches

- Command
- Movement
- Depth
- Velocity
- FB, CH, BB

Control Running Game

- Quick to plate
- Timing/Picks
- Situational awareness

Fielding the Position

- Comebacker
- Covering first
- Tweener
- Infielder relationships
- Bunt plays
- Tag plays
- Backing up bases

### Development Plan

Throwing programs

- Fall program
- Spring program
- Rehab program

Bullpens

Pitching in sets

Drill work

Warm-up routines

Starter/Reliever

"Take ownership"

### Game Objectives

Expectations

- Play relentless
- Play fundamental (In control)
- Play together (A catcher's best friend)

Keys to success

- Push the tempo
- Control every inning
- Throw the ball where & when we want to
- Win the count
- Trust and execute

Statistics

- Runs Allowed & Runs Scored

### Mental Toughness

Composure

- Are you able to make pressure pitches?
- How will we get it done?
- Have a plan of attack

Concentration

Relaxation

Pre-pitch routines

Motivation

Goal setting

Smart goals

### Strength & Conditioning

Power & strength

Rotational strength

Program progression

Prehab & rehab

Training room

### Charts

Pitching Game Chart

Velocity Chart