



This Bullpen is a sample program to be used as a pre-game warm up. The concept with this bullpen is to provide structure with a pre-game bullpen where a pitcher can find the mechanics first, then progress into game simulation of pitch sequences, location and effort.

There is definitely some flexibility in the structure of the bullpen depending on areas of focus, game strategy, and scouting reports. Use this as a guideline for preparing to pitch in competition.

## Warm Up

- Throwing Practice/Routine- 5-7 minutes (including 10 long toss throws)

## Bullpen

### SHORT BOX AT 55 FEET (catcher in front of plate)- Focus = Mechanics

5	Four seam FB	Opposite side (across home plate)	
5	Two seam FB	Throwing side	
5	Change Ups	Middle/Down	65% effort
5	Curve Balls	Middle/Down	

### FULL DISTANCE (60')

4	Four seam FB	Opposite side (across home plate)	
4	Two seam FB	Throwing side	
4	Change Ups	Middle/Down	80% effort
4	Curve Balls	Middle/Down	

### FULL DISTANCE (60')- FROM STRETCH

2	Four seam FB	Opposite side (across home plate)	Game Speed
2	Curve Balls	Opposite side (across home plate)	w/
2	Two seam FB	Throwing side	Game/Count
2	Change Ups	Throwing side	Simulation

5	1 Batter	Various Locations and Pitches (from Wind Up)	Game Speed
1	Four seam FB	Down the Middle-----100% effort	

**Total = 30 pitches from 60'**