

Bullpen Warm-up

All throws – Two 4-Seam, Two 2-Seam, Two Change

1. Stretch – both arms
 - a. Arm behind head and touch back with light pressure on elbow.
 - b. Arm across chest with light pressure on elbow.
 - c. Arm straight out with elbow locked and lightly pull back on fingers.
 - d. Big, slow arm circles both forwards and backwards.
 - e. Small arm circles both forwards and backwards.
2. Flips at $\frac{1}{2}$ distance
 - a. Wrist flips with throwing forearm against glove forearm.
 - b. Forearm flips, extend 2X and then flip with throwing elbow on glove forearm.
 - c. Single knee flip with chest square to plate, glove tucked, lead with elbow, extend 2X and then flip and follow through.
 - d. Single knee R-B-T, finish low with throwing arm outside knee.
3. R-B-T at $\frac{3}{4}$ distance.
 - a. Ready-Break-Throw from power stride.
 - b. R-B-T from power stride keeping back leg back
 - c. Ready-Throw from power stride
 - d. Square drill, shoulders and feet square to plate, R-B-T
4. Legs and Balance from full distance
 - a. Stride to balance and hold for 5-count then throw
 - b. Stride then double leg lift and throw.
 - c. Stride to balance to power stretch back to balance, 5X, no throw
 - d. Stretch High 5, Ready-Break from stretch then leg lift, stride and throw.
5. Blocking – 6 of each pitch (Wind-up, Stretch, Short Stride)
 - a. 4-seam low and away
 - b. 4-seam high and tight (on the batter's hands)
 - c. Change-up low and away
 - d. Specialty pitch (2-seam or other favorite)
6. Progression – Throw 1 of each pitch and repeat 3 to 5 times (Wind-up, Stretch, Short Stride)
 - a. 4-seam low and away
 - b. Change-up
 - c. 4-seam high and tight
 - d. Specialty pitch
7. Pitcher-Catcher Chat
 - a. Go over signs.
 - b. Go over Pitching and catching mechanics.
 - c. Go over how to approach hitters.