



BULLPEN PROCEDURE



1. Start by having catcher set up one foot outside the plate.
2. Throw fastballs to begin. Start outside and move in.
3. Establish the outside part of the plate first. Work from one foot off the plate to six inches inside the zone.
4. Then switch to one foot inside the plate. Work from one foot off the plate to six inches inside the zone.



5. Throw changeups after fastball is comfortable.
6. Have catcher call for locations and pitcher try to hit the spots.
7. Also have catcher call for fastball or changeup.
8. Catcher should move to different locations behind the plate.



9. Pitcher should focus on control and getting the arm loose.
10. Move catcher in two-thirds distance to start throwing the curveball.
11. Pitcher should concentrate on tightness of spin and on getting a feel for the pitch.
12. Throw 6-8 curveballs and then have catcher move back five yards.



13. Once feel for curveball is established, have catcher move back to full distance. Throw 6-8 more curveballs.
14. Then start to work in other pitches (fastball, change-up) to all locations of plate. Catcher signals the pitch.
15. Routine should take 60-65 pitches to complete.
16. Pitcher should stay in bullpen until all pitches feel comfortable.
17. Pitcher should also throw from both the windup and the stretch. Throw one pitch from the stretch for every pitch thrown from the windup.

ENTERING THE GAME

1. Meet with coach and catcher to discuss:



Strategy - example: "Let's go right at these guys, establish the strike zone, particularly with fastballs low and away. Remember, strike zone we are going to use - 1 is high and tight, 2 is in on the waist, 3 is low and inside and 4 is low and away."



Signals - example: "First signal is the location, second signal is the pitch."



Game Plan - example: "Once outside strike is established, try to widen the strike zone. Get ahead with strikes, then try to use balls to bait the hitters and get them to chase. Be aggressive, go right at them, let the defense help you out."

2. Play ball!