



Bullpens & On-Field Conditioning

30-32 Pitch



- Starter must work from wind-up and stretch (Reliever just from stretch)
- Start with Catcher near to establish downward plane



Quantity	Pitch / Location
2	FB Middle
2	FB Glove Side
2	FB Arm Side
2	CHG Middle
2	CHG Glove Side
2	CHG Arm Side
1	FB Middle
2	CB Get me overs
2	CB in dirt (behind home plate)
2	CB Arm Side
2	CB Glove Side
2	FB Arm Side (Down / Up)
2	FB Glove Side (Down)
1	PO Glove Side
1	PO Arm Side
1	FB Arm Side <u>w</u> Hitter (Set)
1	FB Glove Side <u>w</u> Hitter (Set)
1	FB Middle

