

Pitcher's Pre-game Preparation

(Start approximately 45 minutes prior to first pitch)

1. 10 minutes: warm up/stretch routine

- Jog foul pole to foul pole (at least two times).
- Stretch (preferably with partner).
- 4-6 sprints.
- Jobe exercises with tennis can or tubing



2. 5-7 minutes: Abbreviated throwing routine

- Snap drill (one knee wrist flicks/four-seam fastballs)
- Cocked position (one knee drill) - chest over knee on finish
- Hand break (one knee) - continuous motion: down, back, up
- Stride-out - start in stride position: shift, transfer weight, separate hands, rotate, throw, chest over knee
- Isolate balance point
- Extended toss 90 feet (step behind - use legs)

3. 10-12 minutes: 25 pitches in bullpen

- Out of the stretch
 - 2 FB opposite arm/2 FB arm side/1 FB middle, down
 - 2 CB/2 CH/2 FB (good, low locations)
- Wind up
 - 2 FB's
 - 2 Curve balls
 - 2 change ups
- Simulate game - work hitters (catcher calls signals) batter up
 - 4 - simulate vs. RH hitter - stretch - FB, CH, CB, FB
 - 4 - simulate vs. LH hitter - wind up - FB, CB, CH, FB

4. 3-5 minutes: Water, rest, relaxed, focused, confident

The following principles must be engrained in every Saber pitchers' mind:

1. The first strike against the batter is the most important pitch (you will need to mix locations and pitches = get ahead and stay ahead).
2. In order to be a successful varsity pitcher you must have command of an off-speed pitch (change-up or curve ball) that you can throw in any situation.
3. The first out of every inning is the most important.
4. Your goal is to strike out the last batter of every inning.
5. After the final out of the inning, if it's not a strikeout, high-five the players involved in the final play.