

## GAME DAY PITCHING ROUTINE

### 1. Pre-game warm-up

- Dynamic warm-up routine
- 2 poles
- 10 x 60yds

### 2. Functional fitness Routine

- Arm Circles (*small to big, all 3 palm positions*)
- Pull Routine
- Push Routine
- Band Circuit

### 3. Throwing

- Separate & Throw – 8-10 throws
- Finish to Finish (*keep back foot on ground*) – 8-10 throws
- Rocker – 8-10 throws, 60ft
- Step-behind w/ lift – 5 throws , 70 ft
- Step-behind w/ lift – 5 throws, 90 ft
- Step-behind (*get quick-move feet*) – 5throws, 120ft
- Step-behind (*get quick-move feet*) – 5 throws, 150ft
- Step-behind (*get quick-move feet*) – 5 throws, 200ft
- Step-behind w/ lift, back to 70 ft – 5 throws FB & CU

### 4. Bullpen – (2 sets, 2 batters)

- Towels
  - \*Windup x 10
  - \*Stretch x 10
- Set 1
  - \*8 FB (*low box, tilts*), 4 windup & 4 stretch
  - \*8 CU (*low box*), 4 windup & 4 stretch
- **2 minute break**
- Set 2
  - \*4 FB
  - \*8 CB (*or slider*), 4 windup & 4 stretch
  - \*8 alt. pitch (*if have one*), 4 windup & 4 stretch
- 2 Batters (*RHB & LHP*) – *with starting catcher, Goal: Get Game Ready!*
- *Time so finished 10 minutes prior to 1<sup>st</sup> pitch*

### 5. Post-game Recovery (*pitcher choose from one below*)

- Pole Sprints x 10 @ 45sec
- 10 x (15:15)
- Poles x 10, 10 x 100yd

**Note:**

**1. Relievers**

- Throw prior to game with starting pitcher and perform same routine. Coach will give heads-up when need to start throwing, go through bullpen routine. Be prepared to get ready at a moment's notice, due to situation in game.

**2. Non-scheduled pitchers**

- Go through days scheduled drills and throwing routine based on last pitch count and scheduled game day rotation.