The following is a break down of what our pitchers should be doing during their warm up sessions. IT IS VERY IMPORTANT THAT WE FOLLOW THIS EXACTLY AS IS FOR STARTERS. RELIEF PITCHERS PLEASE USE IT AS A GUIDE LINE AND DO WHAT YOU NEED TO DO TO MAKE SURE YOU ARE READY TO GO.

DO NOT PICK UP A BASEBALL UNTIL YOU HAVE DONE YOUR ARM CIRCLES AND TUBING!!!

Once you start your warm up, TALKING STOPS! Focus on what you are doing.

WARM UP ROUTINE FOR STARTING PITCHERS – This should be done AFTER your arm circles and band work. Every pitcher should follow this routine everyday and adjust step 8 according to how you feel.

1. 5 wrist throws each with fastball grip and change up grip
2. 5 elbow throws each with fastball grip and change up grip
3. 5 Scap Load Throws (min. 12’)
   a. Focus on being fluid with your shoulder blades back and chest squared off to target (you don’t want your elbow too much lower than your shoulders/armpits) finishing with glove and hand in front of chest.
4. 5 Shoulder Throws (min. 24’)
   a. Just add an upper torso turn with the scap load drill. Keep feet stationary and make sure your glove side shoulder is rotated towards target before throwing. Hands separate when shoulder gets on target line
5. 5 Torque throws(min. 36’)
   a. Emphasize your hands in front to start; come back above waist and scap load; finish backside leg.
6. 5 Knee Shuffles (min. 36’) - push each knee to belly button twice beginning with the back side and throw on fifth push.
7. 10 throws with change up grip from 50’ and 70’ away
8. LONG TOSS(fastball grip) 3 throws @ 120’, 150’ and 180’ (power step and throw if needed)
   a. Use proper lead arm action – and stay strong with glove side. Working toward glove and catcher with proper weight transfer from back side to front side.
   b. Get full extension of the throwing arm toward the target and avoid upper body tilt.
   Work toward the target.
   c. If you can’t throw the full distance in the air, throw one hoppers to partner.
   d. Follow the throw with your eyes, head and body. Use your lower body strength to make the throw. Focus on lower half and core.
9. 5 pitches thrown from 60’ with every pitch in repertoire before moving to bullpen

We want to make sure during our warm ups that we are working on using our lower half properly and creating the Power Angle and backside linear pinch. Good arm action and firm glove side. Make sure you are staying balanced throughout your mechanics.
Bullpen Routine for Starting Pitcher — this should be your routine (minimum) for a bullpen session.

1. Towel drill with partner – 5 throws from windup and stretch each; fastball grip
2. Step behind off mound (start over pitching rubber) – 5 throws starting from stretch position; accelerate downhill and keep good body balance
3. Stretch: 10 fastballs and 10 off speed pitches – inside and outside
4. Wind Up: 10 fastballs, 10 off speed pitches
5. 30-75 Pitch Simulated Game – Rest for 2 minutes after 15 pitches

Bullpen pitch count will be different player to player day to day. If you are throwing a bullpen before a game, make sure you break a sweat with your warm up routine before you start your bullpen. In your bullpen do everything the same as above except for step 5. Adjust step 5 the way you want/need it.

WARM UP ROUTINE FOR RELIEF PITCHERS — This should be done AFTER your arm circles and band work.

1. 5 wrist throws each with fastball grip and change up grip
2. 5 elbow throws each with fastball grip and change up grip
3. 5 Scap Load Throws(min. 12’)
   a. Focus on being fluid with your shoulder blades back and chest squared off to target (you don’t want your elbow too much lower than your shoulders/armpits) finishing with glove and hand in front of chest.
4. 5 Shoulder Throws (min. 24’)
   a. Just add an upper torso turn with the scap load drill. Keep feet stationary and make sure your glove side shoulder is rotated towards target before throwing. Hands separate when shoulder gets on target line
5. 5 Torque throws(min. 36’)
   a. Emphasize your hands in front to start; come back above waist and scap load; finish backside leg.
6. 5 Knee Shuffles (min. 36’) - push each knee to belly button twice beginning with the back side and throw on fifth push.
7. 10 throws with change up grip from 50’ and 70’ away
8. 10 pitches thrown from 60’ with every pitch in repertoire before moving to bullpen

Bullpen Routine for Relief Pitcher — this should be your routine (minimum) for a bullpen session.

1. Towel drill with partner – 5 throws from windup and stretch each; fastball grip
2. Step behind off mound (start over pitching rubber) – 5 throws starting from stretch position; accelerate downhill and keep good body balance
3. Stretch: 5 fastballs and 5 off speed pitches – inside and outside
4. 20-40 pitches work on hitting your spots – Rest for 2 minutes after 15 pitches

Make sure you break a sweat by the end of your warm up/bullpen routine. A relief pitchers job is to throw a lot of strikes and give our defense an opportunity to keep runners off base.