



Spicing Up Your Bullpen Sessions

Teams who Win Championships KNOW How to Pitch

- ✓ **Know your arsenal**
- ✓ **Know the 3 “strike zones”**
- ✓ **Know your “in-game Goals”**
- ✓ **Know how to think situationally**
- ✓ **Know how to “read” batters**
- ✓ **Know Your pre-pitch routine**

Rate Each Pitch in Your Arsenal

- Pitcher will list & rate each pitch based on preference
- *Rating categories*
 - “go to”
 - “out pitch”
 - “secondary pitch”
- Then, the pitcher & coach rate each pitch based on the 4-pt system
- The assigned rating initiates dialog between the pitcher & coach

4 Pitching Talents (4 S's)

- **Speed** (*velocity & change in speed*)
- **Spot** (*command*)
- **Spin** (*spin rate & spin direction*)
- **Shape** (*vertical & horizontal break*)



The 4-S's

Training Speed

- To throw fast you must TRAIN FAST
- Tip: Need good timing between arms & legs to develop speed
- Tip: Strong at foot strike (*ankle stability*)
- Tip: Strong front side (*glove arm mechanics & core stability*)
- Tip: To have acceleration, you must train the decelerators

Spot

- How many times can the pitcher throw a breaking pitch through the zone with late movement (*Ropes*)
- Command of the corners (*9- or 16-hole nets*)
- Train to get ahead in the count
- Train to win the 1-1
- Train to command on a 2-0 count

Spin

- Spin rate: the tighter the ball spins, the longer it stays in the flight zone
- The pitcher must train to get a feel for her spin direction
- Can the pitcher throw the ball **THROUGH** the zone with tight spin 7 out of 8 times?

Shape

- Train for the timing of LATE break/run
- Know the amount of vertical break
- Know the amount of horizontal break
- Know if the pitch is an angled pitch vs a breaking pitch



The Three Strike Zones

The Three Strike Zones

- Pitcher's strike zone
- Hitter's strike zone
- Umpire's strike zone



In-Game Goals

In Game Goals: The Race to 21 Outs

Team Defense

- 14 Pitch Inning
- Lead-off out
- Next out (after a runner or a “take-it”)
- 5 Defensive “take-its”
- Defensive efficiency (75%)
- Deny big inning (<3)

Pitching Independent of Defense

- WHIP (<2.0)
- Strike % (70%)
- Total swings (46%)
- Swing & Miss % (23%)
- Hard hit % (<35%)



The Mental Game

Teach Them HOW to Think

- Feeling prepared
- Knowledge of their mechanics
- Can they “self-correct” at game speed
- Do they have experience working out of difficult situations
- DO NOT pace. Throw ONE great pitch at a time

Mental Game Starts with the Pre-pitch Routine

- Don't let the game “speed up” on the pitcher
- **Troubleshooting: Over-pitching**
 - Gripping the ball too tight
 - Mechanical issues when “rushing”

Pre-pitch Routine

- Develop a consistent ROUTINE
- All thinking is done BEHIND THE MOUND
- Take a DEEP BREATH
- Before stepping on the mound, COMMIT to the pitch
- STANCE, take a relaxing breath
- Set your FOCAL POINT
- Begin



The Equipment

9-Hole Net, Dummy, Ropes, Noodles



Recognition Strips: The Vertical Strike Zone



Woody



Hurdle



Hurdle



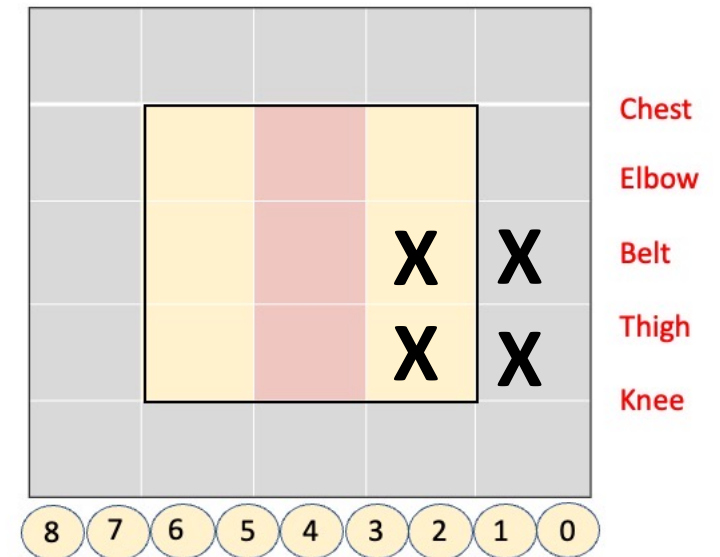


The Workouts

Repeatability Workouts

Pound the Zone

1. Pound the zone: Must pitch the same pitch in the same spot 5x in a row ...
(tip: use noodles or 9-hole net)
2. Pound the zone - “grids”: Must use the same pitch but move the ball the different grids (*attack – marginal – chase*)



“One Pitch” – Command Drill

- Pick one pitch
- Throw that pitch for 5 minutes into a designated net
 - Can use ropes, a frame
 - 9-hole net
 - Radar gun
- See how many perfectly executed pitches you throw during the 5-minute period

The Perfect Inning

The Challenge:

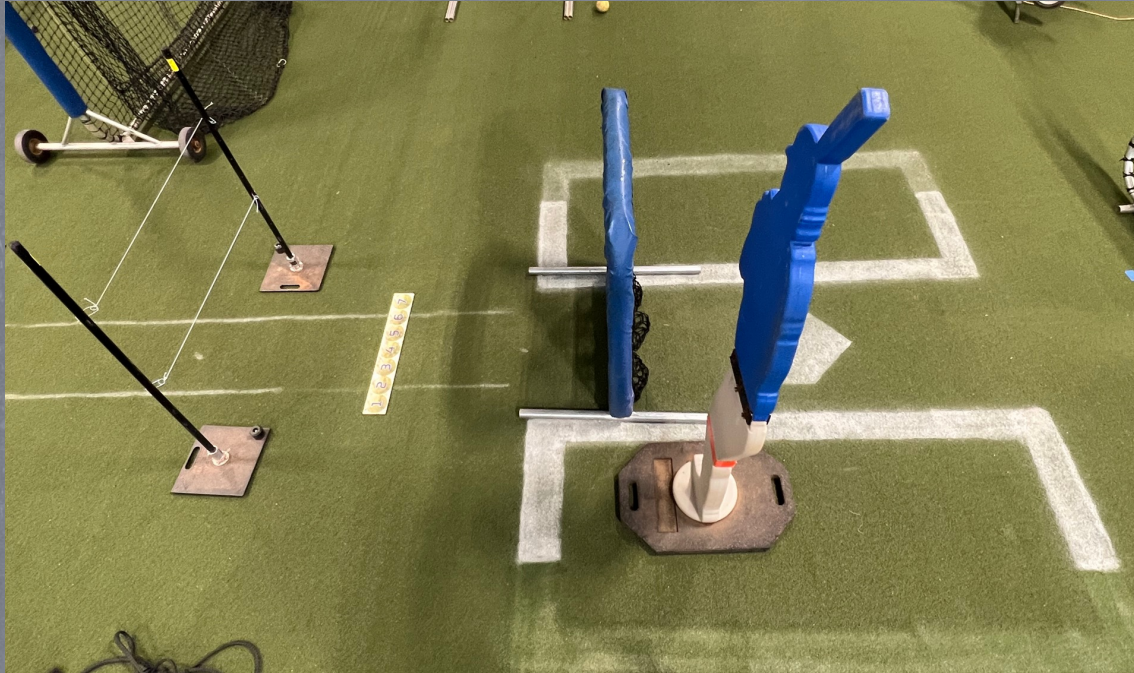
- To get an out you must throw 3 "perfect" pitches ...
 1. Attack pitch
 2. Marginal pitch
 3. Chase pitch
- To throw a "Perfect Inning" the pitcher must get 3 outs in a row

Tip: The ultimate challenge would be the "perfect game" = 21 outs in a row

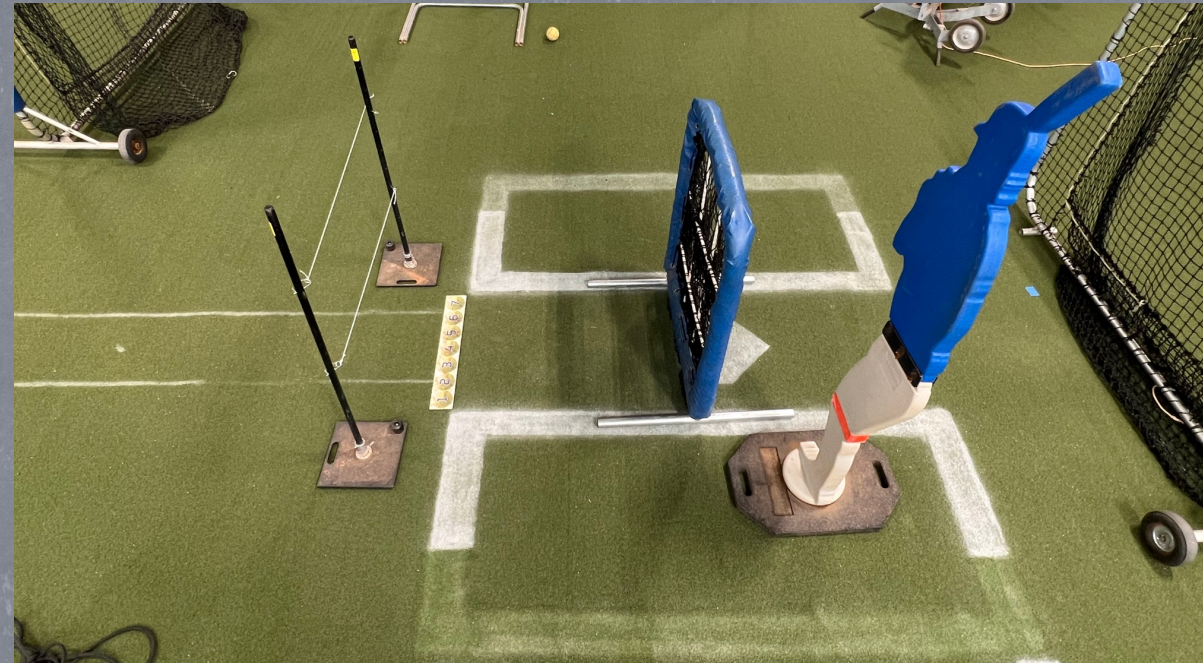
Altering Breakpoints

- **Altering Breakpoints**
 - Move the Dummy Up in the Box / Back in the Box
 - Move the Dummy on the plate / off the plate
- **Tip:** Work in a lot of change-up

Altering Breakpoints



Up in the Box



Back in the Box

Altering Breakpoints



Transitioning Workouts

Grip & Go



“21” - Combos

1. Choose two pitches

- The first pitch is the “set-up pitch”
- The second pitch is the “out pitch”

2. Must throw each pitch back-to-back to get a point

3. Play to “21” points

Sets: Around the Zone

- Use all pitches to work around the zone
- Pitch counter-clockwise from high to low
- Pitch clockwise from low to high
- Pitch in diagonals
- The 4 corners

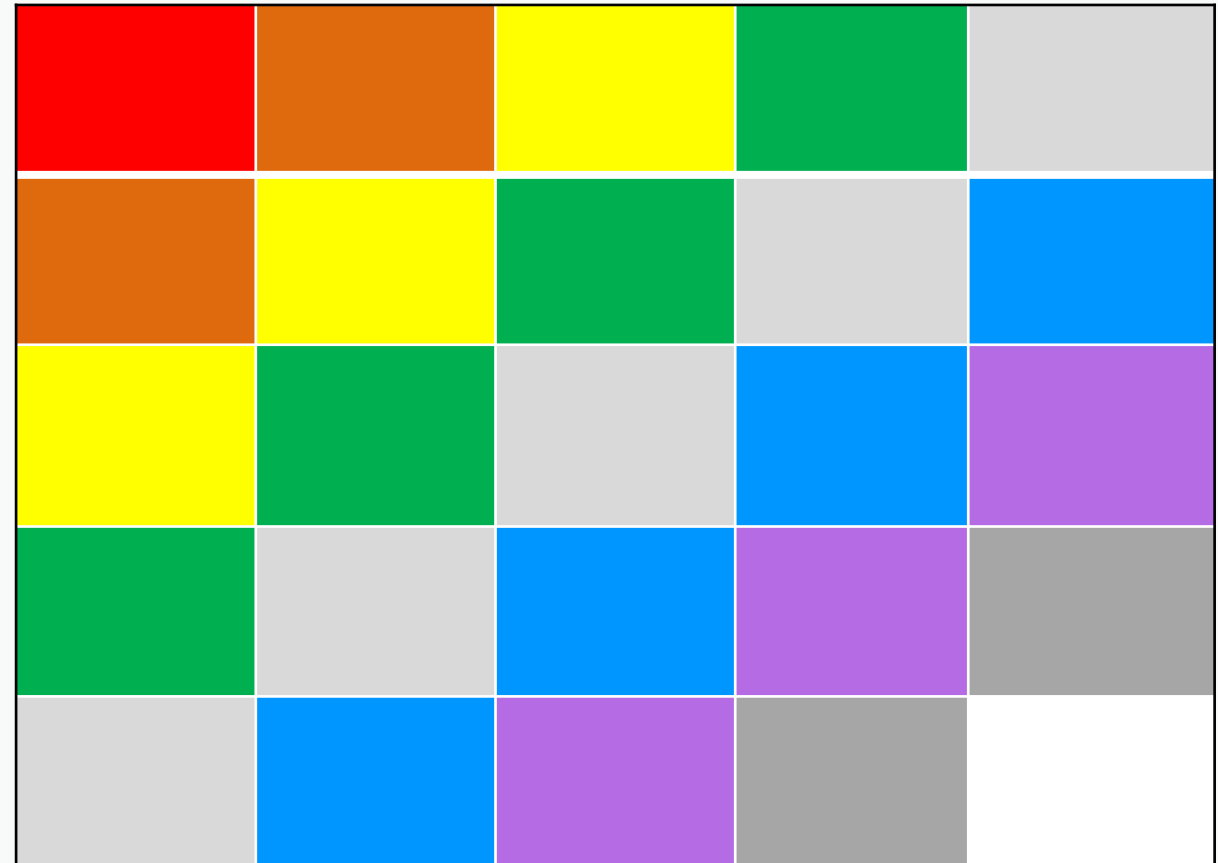
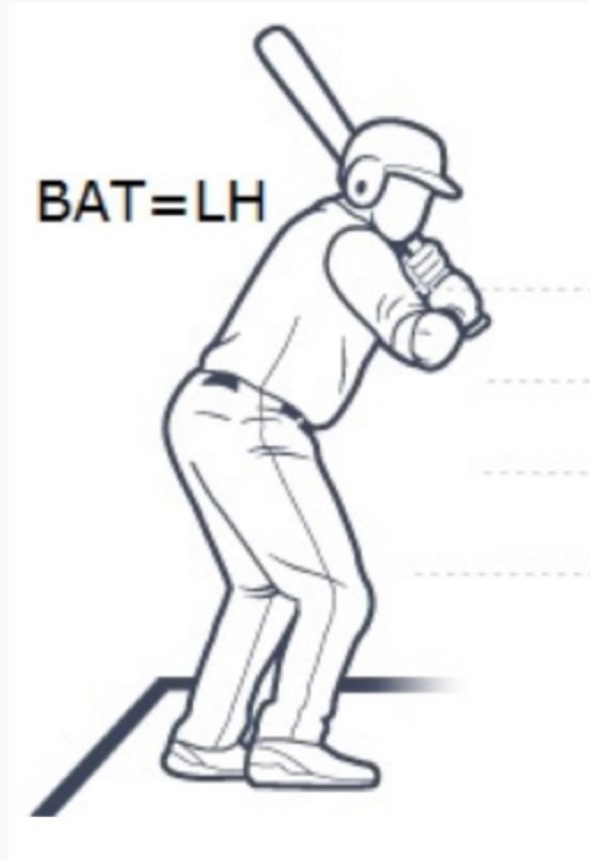


Deception Sets

- “Sets”: Effective Velocity Combos
- “Pitching Backwards”: Throw breaking balls and/or change-ups in fastball counts
- Wind-up deception

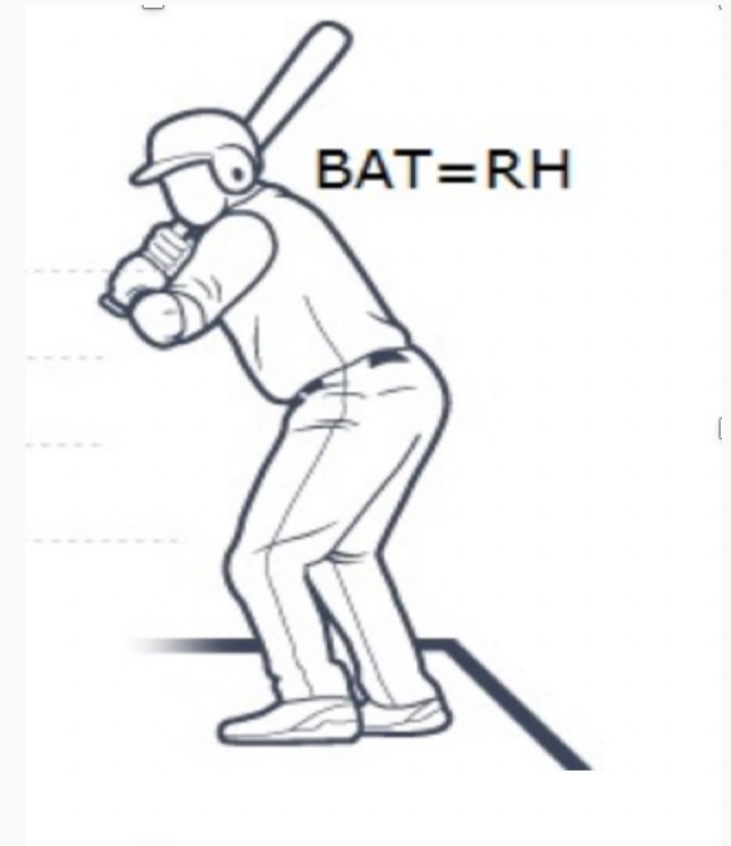
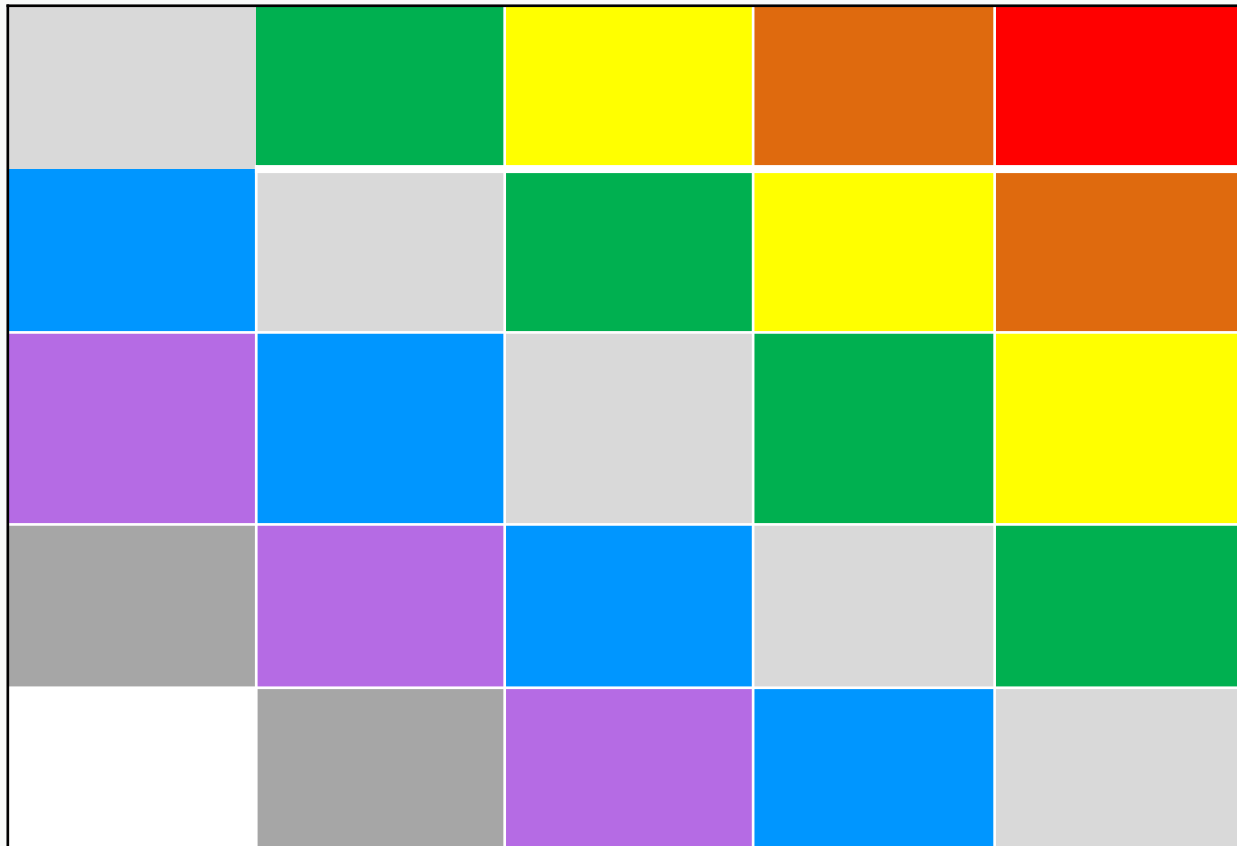
Effective Velocity

LHH View



Effective Velocity

RHH View



+3 / -3

The Challenge

- The pitcher starts the challenge on “0”
- The pitch is called:
 - If the pitcher nails it **= +1**
 - If the pitcher misses the pitch **= -1**
- This sequence of events is continued until either or the two occur:
 - If the pitcher works to **+3 = WIN**
 - If the pitcher works to **-3 = she must start back over at “0”**
- Tip: Work in a lot of change
- Advanced Tip: use the 4-point system (4's) to grade each pitch

+3 / -3 (*working the count*)

Objective: To challenge the pitcher to pick and to **command the correct pitch** when they are ahead, even or behind.

The Challenge

- The pitcher uses all +3 / -3 rules
- The pitches
 - 0-0 = quality strike
 - 0-1 = marginal pitch
 - 1-0 = quality strike
 - 1-1 = quality strike
 - 2-1 = quality strike
 - 1-2 = swing & miss

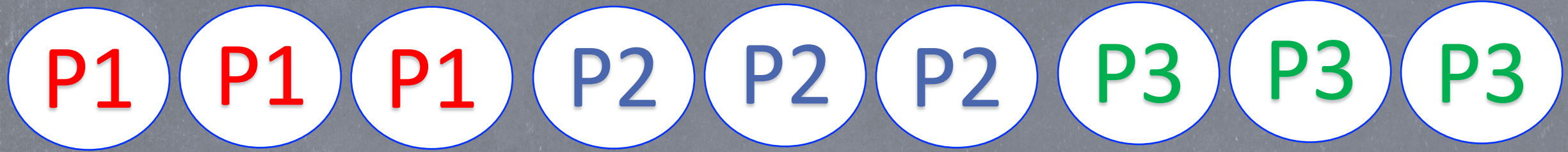
Accountability Workouts

Pyramid – Consecutive

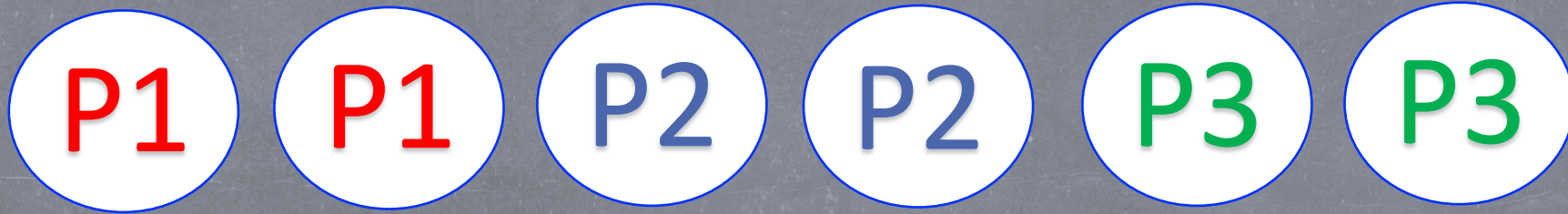
- Pick 3 pitches to transition (*One must be a change-up or off-speed*)
 - Tip: A fastball is a pitch
 - Must stay in the moment
- **Round 1:**
 - Execute pitch #1 three times (example: curve – curve – curve)
 - Execute pitch #2 three times (example: fast – fast – fast)
 - Execute pitch #3 three times (example: change – change – change)
 - Tip: for advanced pitchers, execution must be three in a row before advancing
- **Round 2:**
 - Execute pitch #1 two times (example: curve – curve)
 - Execute pitch #2 two times (example: fast – fast)
 - Execute pitch #3 two times (example: change – change)
 - Tip: for advanced pitchers, execution must be two in a row before advancing
- **Round 3**
 - Execute pitch #1, #2, #3 IN A ROW (example: 1 curve – 1 fast – 1 change)

Pyramid – Consecutive

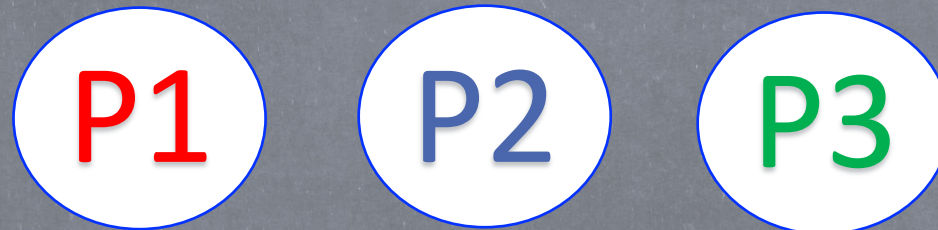
Round 1



Round 2



Round 3



Sets: Tunneling

- Pick different combinations of pitches to alternate
 - Tip: for advanced pitchers, execution must be in a row
- Examples of sets:
 - Changing Height: rise arm-side, drop arm-side
 - Precision sets: Ahead – even – behind in the count
 - Chase sets: Curve, Drop ball outside
 - Blurring pitches: example: screw and rise

The Workouts Challenges

Create Stress Innings

- Take away pitcher's "go to" in any competition
- "horse"
- The perfect game (*must execute 63 pitches at "2" or higher*)
- 14 Pitch Inning
- Live (*use all in-game pitching charts*)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Batter: L/R																					
Pitch Type																					
Result B, K																					
QP Score (4 S's)																					
Rec Score (+, -, NA)																					

14 Pitch Inn: Y or N

Lead-off Out: Y or N

Next out: Y or N

Win the 1-1:

Strike %:

14 Pitch Inning



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