

Pregame Preparation Properly preparing to pitch in the game

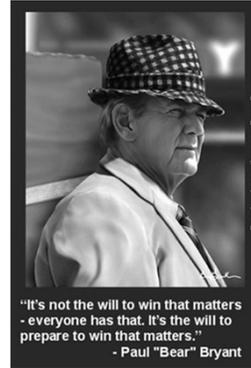
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College football coach

323 career wins

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The Goals of the Pregame Bullpen

- ✓ Perfect the timing of your delivery
 - ✓ Go over your mechanics checklist
- ✓ Find out what pitches are working that day
- ✓ Start establishing chemistry with your catcher

The 2 biggest problems with pregame preparation

- ✓ Pitchers don't throw enough pitches in the bullpen
- ✓ Pitchers don't throw hard enough in the bullpen



Intensity: A Common Missing Ingredient

- ✓ Your last 8-10 pitches MUST be game-level intensity

Throwing well at 60% intensity in the bullpen doesn't mean you'll throw well at 90% intensity in the game



Recommended Pregame Warm-up

- ✓ 2 1-minute sets of jump rope
 - ✓ 1 minute of rest between sets
 - ✓ 150 jumps per set
 - ✓ Whole-body active warm-up that targets the rotator cuff
- ✓ 2-knee drill: 10-15 throws
- ✓ Step-behind drill: 10-15 throws
- ✓ Pitching off mound: 20-25 throws (last 10 game intensity!)
- ✓ ~60 total throws to get ready for the game

Throw ALL your pitches in each drill before you get on the mound!

Rely on "Feel" - Not Number of Pitches

- ✓ Several factors affect how quickly you can get ready
 - ✓ Weather
 - ✓ Time of day
 - ✓ Your state of health
- ✓ Once a pitch feels comfortable, move on to the next one
 - ✓ Don't throw 10 fastballs if you feel comfortable by the 5th fastball
 - ✓ Move on to the changeup!
 - ✓ Once the changeup feels good, move on to your 3rd pitch, etc.

Coach/Player Communication If Pitching In Relief

- ✓ If you are pitching in relief, make sure to get your coach to tell you 1-2 innings before your pitching so you have enough time
- ✓ Throw lightly when possible between innings
- ✓ Take light jogs from dugout to outfield fence when possible to stay loose throughout game

Thank You!



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