

Get Ahead, Stay Ahead, Put Away Bullpen

In this bullpen chart below, we are going to emphasize the first 3 pitches of each at bat. We want to teach our pitchers to be aggressive and attack the zone. Below, you will see certain points associated with different results in the first three pitches. If a player gets ahead period on the first pitch, they get 2 points. If they do so while throwing an off-speed pitch, they get another bonus point. As the at bat progresses, if they get to a 0-2 count, they get another 2 points. Once getting to a 0-2 count, we want them to execute a chase zone pitch. Either an off-speed pitch low and slightly out of the zone or a fastball outside off the plate 6 or less inches or a fastball up in the zone slightly higher than a strike. If they execute one of these pitches, the player gets to a 1-2 count for a point and also will get the execution of the 0-2 chase zone pitch bonus point. If the player gets behind 2-0 or 3-0 this does us no good as a pitcher and the player will be penalized. This is a fun game to play with your team to compete and see how many points can be accumulated. It keeps the pitch count at 36 pitches as well as a player will only throw 3 pitches per at bat. You can do all 36 at once but I would recommend splitting this up into 2 sets of 18 pitches.

3 Pitch Batter Game													Total
Name:	B1	B2	B3	Β4	B5	B6	B7	B8	B9	B10	B11	B12	
1st Pitch Strike(2)													
1st Pitch Strike Bonus Offspeed(1)													
Getting to and 0-2 Count(2)													
Executing Chase Pitch 0-2(1)													
Getting 1-2 Period(1)													
Getting 2-0 on Batter(-2)													
Getting 3-0 on Batter(-2)													
													Total
Name:	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11	B12	
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