

## **Bullpen Drill**

Purpose: The purpose of this drill is to have your pitchers practice the ability to get warm in two minutes or less. There are many game situations especially at the older levels where a game may rely on a quick pitching change. Your pitchers will have to be able to warm up extremely quick for this to be successful. The only way for your pitching staff to be able to do so is by practicing this situation. By practicing this you will create a comfortable in game environment for your pitchers.

### Drill:

- Start with your pitchers in the dugout and a player at every position. You will also need 4 batters ready to have live at bats. You may also add baserunners to make it a more realistic in game situation.
- Call a pitchers name and start a two minute timer. When you call their name they will have to rush to the bullpen and warmup in two minutes.
- After they have completed their two minute warmup they will have 8 pitches on the mound just like they would in a game.
- Provide a situation and inform the pitcher, once they are on their last batter of the situation call out another pitchers name. They will then have to rush to the bullpen and have two minutes to warmup.
- Once the first pitcher is done bring in the next pitcher and repeat. Keep doing this until you have cycled through all of your pitchers.