



[www.PitchingPractice.com](http://www.PitchingPractice.com)  
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**Throw 5 pitches for each segment**

4-seam FB

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2-seam FB

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MAX EFFORT 4-seam FB

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Batting practice FB (can be used like a changeup)

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4-seam FB, stretch

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2-seam FB, stretch

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Curveball/Slider

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Changeup

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Curveball/slider, stretch

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# RADAR GUN WORKOUT

Changeup, stretch

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## How To Use This Workout

Mark pitches in all boxes as follows, with the speed of the pitch, strikes or balls:

87s	88s	89b	85b	86s
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At the end of the workout, tally the balls and strikes. Total pitches is 60. Striving for at least 60% strikes, or a total of 36 strikes/24 balls :

BALLS	STRIKES
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## Average Pitch Velocity

Windup

4 seam FB/mpH	2 seam FB/mpH	Curve or Slider/mpH	Changeup
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Stretch

4 seam FB/mpH	2 seam FB/mpH	Curve or Slider/mpH	Changeup
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