



SHADOW BULLPENS

-Shadow Bullpens (External, Competitive, Trusting Mindset) *Shadow Bullpens are how a pitcher practices their process/routine and visualization*

-Dry Mechanics (Internal, Mechanical, Training Mindset)

REASONS WHY I DO SHADOW BULLPENS / WHAT I AM WORKING ON

1. Body Language

- Get BIG
- Projecting Confidence
- Controlling The Mound

2. Tempo/Rhythm

- Work back to the rubber to catch the ball
- Make your tempo in shadow the tempo you want to pitch with in games

3. Visualization

- Catcher
- Catchers Signs (Day & Night)
- Hitter (R vs. L, On vs. Off Plate)
- The Pitch You Throw + The Outcome of The Pitch
- Baserunners
- Hold Times
- Pick Offs
- Fielding Position
- External Environment
 - Field Conditions
 - Weather
 - Crowd, Parents, Scouts
- Adversity
 - Umpires Zone
 - Teammates Error
 - Shit Talking Other Team
- Signal Lights
 - Green
 - Yellow
 - Red
- Build In The Senses
 - Sound, Sight, Touch, Feel, Smell, Energy

4. Routines

- Pre-Inning = Out of Dugout, Till I Get Ball Back From 3B after throw to 2B
- Pre-Batter = Take a Breath On A Focal Point Before I get on the Rubber - Final Thought
- Pre-Pitch = Deep Breath & Final TIF (Thought, Image, Feeling)

WIND UP

SPOT #1 Before I step on the mound

SPOT #2 On mound before the sign

SPOT #3 On mound after the sign

STRETCH

SPOT #1 Before I step on

SPOT #2 On rubber before sign

SPOT #3 On rubber after sign before I come set

SPOT #4 On Rubber as I come set

5. Releases

- Yellow Light (Losing Control) Release
- Red Light (Lost Control) Release (This might be the same for you as your yellow light)

3 Steps To Release "Have Something To Go To"

- 1 Make a Physical action with an association
 - EXAMPLE: Rubbing Ball, Hat Off, Clean Mound etc.
- 2 Releasing deep breath on a focal point
- 3 Verbal Trigger to move forward "Next Pitch"

THE 4 TYPES OF SHADOW BULLPENS

1. Independent - Pitcher decides the situation
2. Dictated - Someone tells the pitcher what the situation is
3. Scripted - The situation is written down on a wrist band or a clipboard and pitcher follows
4. Synchronized - The situation is dictated by what happens in the game

*We do the synchronized shadow bullpen during an intra-squad game and go pitch for pitch with the guy in the game.

THE LENGTH OF A SHADOW BULLPEN

Start in Pre Inning Routine

Execute Pre-Batter Routine

Face 3-5 Batters

Practice Your Yellow Light Release At Least Once Per Batter