

# Skyview Baseball Pitching Workout

J-Band Routine

Full Body Dynamic Warm-up

Goal: Hitting spots at 80% effort

<b>Inning #1</b>	Black/Black	Glove/Arm	CH Mid	<b>5 pitches</b>
	Tilt FB	UP-In/Low A	2 Sets	<b>4 pitches</b>
	4 Spots			<b>4 pitches</b>

<b>Inning #2</b>	Downward Plane	4 FB at C knees or lower		<b>4 pitches</b>
	BB Focal Point	Hit Me (Strike)		<b>3 pitches</b>
		Chase Me (Out)		<b>3 pitches</b>
		Mix		<b>4 pitches</b>

<b>Inning #3</b>	Downward Plane	4 FB at C knees or lower		<b>4 pitches</b>
	CH Focal Point	Hit Me (Strike)		<b>3 pitches</b>
		Chase Me (Out)		<b>3 pitches</b>
		Mix		<b>3 pitches</b>

**\*If Necessary**

<b>*Inning #4</b>	Catcher Call w/ R 2B	RT H Batter		<b>5 pitches</b>
		LF H Batter		<b>5 pitches</b>

Vary Holds and Looks

**TOTAL: 40-50 pitches**

BB Focal Point

Aim Small/Miss Small

-When you command the off-speed, you control the batter

-Either the Batter takes control or the Pitcher does. TAKE CONTROL