

## **Light Side Pitch Sequences (35 Pitches)**

### **Stretch-** 17 Pitches

3 FB away,  
2 FB in,  
3 BB middle,  
2 FB away,  
3 CH middle,  
4+ Your Choice

2 Pitch Ups/2 Pitch Outs

### **Windup-** 18 Pitches

3 FB away,  
2 FB in,  
3 BB middle,  
2 FB away,  
3 CH middle,  
5+ Your Choice

2 Pitch Ups/2 Pitch Outs