

Soft/Short (45 ft.) Side Pitch Sequences (25 Pitches)

Stretch- 12 Pitches

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

Windup- 13 Pitches

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