

# Workouts & Practices

1.

Mixing Locations  
(opposites)

- ★ High & low
- ★ Inside & outside
- ★ Low inside & low outside
- ★ High inside & high outside
- ★ High inside & low outside
- ★ High outside & low inside

2.

Mixing Speeds

- ★ Fast & slow
- ★ Fast high & slow low
- ★ Fast low & slow low
- ★ Fast inside & slow outside
- ★ Fast outside & slow inside



Pyramids

4.

4 of each pitch  
3 of each pitch  
2 of each pitch  
1 of each pitch



3.

Change-Up  
Day  
Only!!!

5.

Charting Pitches