



“EVERY DAY is Game Day”

COLLEGE OF CHARLESTON
DEPARTMENT OF ATHLETICS

Drills to Create a Game-Like Atmosphere in the Bullpen

By: Ashley Chastain

1. Simulate & Conquer Pressure

- a. Heart Rate Training – Polar Beat Monitors

- b. Develop Individual Routines & Make it their “Normal”

- c. Consequence Drills

2. Training at a Game Pace

3. Building your Foundation = CONFIDENCE

- a. Vertical Power Line

- b. Balance/Posture

- c. V-Flex Training

4. Make Every Minute Valuable