

BASEBALL DUDES

Off-Season Throwing Program for Pitchers





Why do I need a throwing program?

To be one of the best at this game takes a lot of hard work and dedication. Every professional pitcher heads into their off season with a plan. Their plan will include a strength and conditioning program and more importantly, a throwing program. A professional pitcher headed into an off season without a plan is a pitcher who will not be 100% prepared when he heads to spring training. By not being fully prepared, they are setting themselves up for failure. The competition at that level is like nothing you will see at the youth level. Every pitcher you see there was the best on their team, best in their state and maybe one of the best in the country.

At the youth level, it is vital that you learn the importance of a pre-season program/plan. Put yourself in the best position to succeed and stay healthy. A pitcher's arm health is all they have. If they are hurt, there is no way to compete and show their ability. Proper arm care is vital if becoming a top level pitcher is a goal.

This manual is a throwing program. I strongly suggest pitchers taking at least 10-12 weeks off after your season is over to give your arm time to heal and give you time to focus on your overall strength. Throwing a baseball over hand is a very un-natural movement for the body. When a pitcher is doing the wrong things mechanically and their arm has not been properly conditioned, this is when pitchers have a higher risk of injury.

Please use this outline as a guideline/template [make adjustments where and when necessary] to put you or your youth pitcher(s) in the best possible position to succeed. Use it to instill a work ethic that is needed to be one of the best.

-Baseball Dudes



A note from the author...

You have heard it before, "Champions are made in the off season". I was very fortunate that when I was in my youth, my father got his hands on as much information about pitching as he could. He took me to pitching camps, read books and articles, watched instructional videos and did whatever else he could to help me achieve my goals.

When I look back on it now, I was very lucky that he did all these things for me. I am most appreciative that he made me take time off in the winter to give my arm a rest. By him instilling these habits into my baseball life, I believe he laid the foundation for the career I was able to have.

You often hear fathers say that they don't want their kids pitching until later in life to save the wear and tear on the arm. I understand this thought process but also feel that if done right, a youth pitcher can pitch many, many, many years. I started pitching when I was 8 or 9 and feel strong to this day. If a pitchers arm is cared for and conditioned properly, they can thrive for a very long time.

I hope you find the information here useful. Please feel free to reach out at any point with questions or concerns.

"A goal without a plan is just a wish."

-Chris Gissell
Founder of
Baseball Dudes

OFF-SEASON THROWING ROUTINE

9-12 Year Olds

Off	Day 1	Day 2	Day 3	Day 4	Day 5	Off
Week 1 J-Bands 10 reps	Light Catch 45-60 ft. 8-12 min. 60-70% effort 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 45-60 ft. 8-12 min. 60-70% effort 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 45-60 ft. 8-12 min. 60-70% effort 15 Pick Offs	OFF
Week 2 J-Bands 11 reps	Light Catch 60-90 ft. 10+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 60-90 ft. 10+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 60-90 ft. 10+ min. 70-80% effort 10-15 CH 15 Pick Offs	OFF
Week 3 J-Bands 12 reps	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	OFF
Week 4 J-Bands 13 reps	Long Toss/Bullpen 90-120 ft. 12-15+ min. 80-90% effort 10-15 CH 20 pitch pen FB's only	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 90-120 ft. 12-15+ min. 80-90% effort 10-15 CH 20 pitch pen FB's only	OFF
Week 5 J-Bands 14 reps	Long Toss/Bullpen 105-135+ ft. 15+ min. 85-90% effort 10-15 CH 30 pitch pen FB's only	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 105-135+ ft. 15+ min. 85-90% effort 10-15 CH 30 pitch pen FB's only	OFF
Week 6 J-Bands 15 reps	Long Toss/Bullpen 120-150+ ft. 15+ min. 85-95% effort 10-15 CH 30 pitch pen FB/CH	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 120-150+ ft. 15+ min. 85-95% effort 10-15 CH 30 pitch pen FB/CH	OFF
Week 7 J-Bands 15+ reps	Long Toss/Bullpen 135-165+ ft. 15+ min. 85-95% effort 10-15 CH 30 pitch pen FB/CH Simulate 1 batter	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 135-165+ ft. 15+ min. 85-95% effort 10-15 CH 30 pitch pen FB/CH Simulate 1 batter	OFF
Week 8 J-Bands 15+ reps	Long Toss/Bullpen 150-180+ ft. 15+ min. 90-100% effort 10-15 CH 30 pitch pen FB/CH Simulate 2 Batters	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 150-180+ ft. 15+ min. 90-100% effort 10-15 CH 30 pitch pen FB/CH Simulate 2 Batters	OFF
Week 9 J-Bands 15+ reps	Long Toss/Bullpen 165-195+ ft. 15+ min. 90-100% effort 10-15 CH 30 pitch pen FB/CH Simulate 3 Batters	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 165-195+ ft. 15+ min. 90-100% effort 10-15 CH 30 pitch pen FB/CH Simulate 3 Batters	OFF
Week 10 J-Bands 15+ reps	Long Toss/Bullpen 180-210+ ft. 15+ min. 90-100% effort 10-15 CH 30 pitch pen FB/CH Simulate 2 innings	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 75-105 ft. 12+ min. 80-90% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 180-210+ ft. 15+ min. 90-100% effort 10-15 CH 30 pitch pen FB/CH Simulate 2 innings	OFF

OFF-SEASON THROWING ROUTINE

13-15 Year Olds

Off	Day 1	Day 2	Day 3	Day 4	Day 5	Off
Week 1 J-Bands 10 reps	Light Catch 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	OFF
Week 2 J-Bands 11 reps	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	OFF
Week 3 J-Bands 12 reps	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	OFF
Week 4 J-Bands 13 reps	Long Toss/Bullpen 105-135 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 105-135 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	OFF
Week 5 J-Bands 14 reps	Long Toss/Bullpen 120-150+ ft. 15+ min. 85-90% effort 10-15 CH/Spin 30 pitch pen FB/CH	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 120-150+ ft. 15+ min. 85-90% effort 10-15 CH/Spin 30 pitch pen FB/CH	OFF
Week 6 J-Bands 15 reps	Long Toss/Bullpen 135-165+ ft. 15+ min. 85-95% effort 10-15 CH/Spin 30 pitch pen All Pitches	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 135-165+ ft. 15+ min. 85-95% effort 10-15 CH/Spin 30 pitch pen All Pitches	OFF
Week 7 J-Bands 15+ reps	Long Toss/Bullpen 150-180+ ft. 15+ min. 85-95% effort 10-15 CH/Spin 30 pitch pen ALL Pitches Simulate 1 batter	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 150-180+ ft. 15+ min. 85-95% effort 10-15 CH/Spin 30 pitch pen ALL Pitches Simulate 1 batter	OFF
Week 8 J-Bands 15+ reps	Long Toss/Bullpen 165-195+ ft. 15+ min. 90-100% effort 10-15 CH/Spin 30 pitch pen All Pitches Simulate 2 Batters	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 165-195+ ft. 15+ min. 90-100% effort 10-15 CH/Spin 30 pitch pen All Pitches Simulate 2 Batters	OFF
Week 9 J-Bands 15+ reps	Long Toss/Bullpen 180-210+ ft. 15+ min. 90-100% effort 10-15 CH/Spin 30 pitch pen All Pitches Simulate 3 Batters	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 180-210+ ft. 15+ min. 90-100% effort 10-15 CH/Spin 30 pitch pen All Pitches Simulate 3 Batters	OFF
Week 10 J-Bands 15+ reps	Long Toss/Bullpen 195-235+ ft. 15+ min. 90-100% effort 10-15 CH/Spin 30 pitch pen ALL Pitches Simulate 2 innings	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 195-235+ ft. 15+ min. 90-100% effort 10-15 CH/Spin 30 pitch pen ALL Pitches Simulate 2 innings	OFF

OFF-SEASON THROWING ROUTINE

16-18 Year Olds

Off	Day 1	Day 2	Day 3	Day 4	Day 5	Off
Week 1 J-Bands 10 reps	Light Catch 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	OFF
Week 2 J-Bands 11 reps	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	OFF
Week 3 J-Bands 12 reps	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	OFF
Week 4 J-Bands 13 reps	Long Toss/Bullpen 120-150 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 120-150 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	OFF
Week 5 J-Bands 14 reps	Long Toss/Bullpen 150-180 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 150-180 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH	OFF
Week 6 J-Bands 15 reps	Long Toss/Bullpen 180-210 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 180-210 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES	OFF
Week 7 J-Bands 15+ reps	Long Toss/Bullpen 210-240 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Batter	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 210-240 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Batter	OFF
Week 8 J-Bands 15+ reps	Long Toss/Bullpen 235-265+ ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 235-265+ ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters	OFF
Week 9 J-Bands 15+ reps	Long Toss/Bullpen 260-290+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Inn.	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 260-290+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Inn.	OFF
Week 10 J-Bands 15+ reps	Long Toss/Bullpen 260-290+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES +2 Inn.	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 260-290+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES +2 Inn.	OFF

OFF-SEASON THROWING ROUTINE

College & Professional Pitchers

Off	Day 1	Day 2	Day 3	Day 4	Day 5	Off
Week 1 J-Bands 10 reps	Light catch 60-70% effort 60-90 ft. 8-12 min. 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light catch 60-70% effort 60-90 ft. 8-12 min. 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light catch 60-70% effort 60-90 ft. 8-12 min. 15 Pick Offs	OFF
Week 2 J-Bands 11 reps	Light catch 70-80% effort 75-110 ft. 10-15 min. 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light catch 70-80% effort 75-110 ft. 10-15 min. 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light catch 70-80% effort 75-110 ft. 10-15 min. 10-15 CH 15 Pick Offs	OFF
Week 3 J-Bands 12 reps	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	OFF
Week 4 J-Bands 13 reps	Long Toss/Bullpen 150-200 ft. 15+ min. 80-90% effort 10-15 CH/Spin 25 pitch bullpen FB Only	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 150-200 ft. 15+ min. 80-90% effort 10-15 CH/Spin 25 pitch bullpen FB Only	OFF
Week 5 J-Bands 14 reps	Long Toss/Bullpen 170-220 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 170-220 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH	OFF
Week 6 J-Bands 15 reps	Long Toss/Bullpen 190-240 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 190-240 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES	OFF
Week 7 J-Bands 15+ reps	Long Toss/Bullpen 210-260 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Batter	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 210-260 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Batter	OFF
Week 8 J-Bands 15+ reps	Long Toss/Bullpen 230-290 ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 230-290 ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters	OFF
Week 9 J-Bands 15+ reps	Long Toss/Bullpen 250-300+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Inn.	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 250-300+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Inn.	OFF
Week 10 J-Bands 15+ reps	Long Toss/Bullpen 250-300+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Inn.	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Catch 80-90% effort 90-150 ft. 12+ min. 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional	Long Toss/Bullpen 250-300+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Inn.	OFF

OFF-SEASON THROWING ROUTINE

Notes

- If tryouts are March 1st, count backwards 10 weeks and start the program there.
- Complete the J-Band routine BEFORE & AFTER each workday for the duration of the program. Slowly increase number of reps as the weeks progress. This should become a habit you carry throughout your season.
- **Catch Play**...This might be the most important part of your pre-season, and in-season, throwing program/routine. You must take this time serious. You **CANNOT** expect to be a good pitcher if you can't hit your target consistently when playing catch.
- Throws in catch should **NOT** "be on a line" until week three. Make sure when you start getting past 60-90 feet you are using a proper crow hop, using your legs to create power and controlling every part of your body.
- **Mirror Work**...This is a great way to see what your body is doing in your delivery. It is very important that you learn what your delivery looks and feels like. This drill can last 5-15 minutes. Use a towel if possible to help simulate actual throwing. **NO BASEBALL!**
- **Towel Work**...Another way to work on your delivery without throwing a baseball. Hold the towel with 2 fingers (think fastball fingers) on your throwing hand, got through your delivery and feel the towel whip out front. This drill is very good to work on extension.
- **FB's Only**...You should have noticed that this program calls for Fastball's only in catch play and your first week off the mound. A pitcher needs to develop a consistent/repeatable delivery and Fastball command. Once you do, then you will introduce different pitches but keep in mind, without FB command, you will have a hard time competing.
- **Long Toss** distances...Use the shorter distance for the younger ones and the longer distance for the older ones. Remember too this is just a guide. Make adjustments where you see fit.
- **CH** (Change-Up) Focus on Change Up feel. The goal is to be confident in this pitch before we reach High School. Delivery and arm speed need to look like your fastball delivery. We recommend doing this from a further distance than the players mound distance. Maintain a crow hop to simulate the effort our body will use to move down the mound.
- **Spin Drill**...From the rocker position at 45-50'. Focus on making the ball spin fast. This is not a power drill.
- **No youth pitcher should be allowed to throw a breaking ball until they have shown the ability to command their fastball, have feel for a change up and have shown body maturity and strength.**
- **15 Pick Offs**...(For the older ones) 5+ Picks to 1st Base...5+ Spin Moves to 2nd Base...5+ Inside Moves to 2nd Base.
- **IMPORTANT NOTE**...If you are serious about being a great pitcher, everything in this program needs to be taken seriously. You need to be able to control your delivery from start to finish. Power-Balance-Direction-Timing are key to a consistent/competitive delivery.
- Lastly, use this program/routine as a template. Make tweaks where you see necessary. All pitchers progress at different rates. Some are ready for further distances in long toss and others aren't there yet. Adapt to the player. Also remember, they should not go out to a distance where they start to lose command of their body. This can be counter productive.

LONG TOSS ROUTINE

Power – Balance – Command

40 ft - 5 Throws (Hip/Shoulder Separation)

50 ft - 5 Throws (Rocker)

60 ft - 5 Throws (Walk-In/Back Leg Push)

75 ft - 3 Throws (Crow Hop)

90 ft - 3 Throws (Crow Hop)

105 ft - 3 Throws (Crow Hop)

120 ft - 3 Throws (Crow Hop)

135 ft - 3 Throws (Crow Hop)

150 ft - 3 Throws (Crow Hop)

165 ft - 3 Throws (Crow Hop)

180 ft - 3 Throws (Crow Hop)

195 ft - 3 Throws (Crow Hop)

210 ft - 3 Throws (Crow Hop)

235 ft - 3 Throws (Crow Hop)

250+ ft - 3 Throws (Crow Hop)

230 ft - 2 Throws (Crow Hop) On a line

210 ft - 2 Throws (Crow Hop) On a line

190 ft - 2 Throws (Crow Hop) On a line

170 ft - 2 Throws (Crow Hop) On a line

150 ft - 2 Throws (Crow Hop) On a line

130 ft - 2 Throws (Crow Hop) On a line

110 ft - 2 Throws (Crow Hop) On a line

90 ft - 2 Throws (Crow Hop) On a line

75-90 ft - 10-15 CH (Crow Hop) FB Arm Speed

Focus on throwing at the knees.

45 ft - Spin Drill 10 Spins (Rocker)

Focus on the spin of the Baseball, not the speed.

It's OK to work your way out/in a few feet after each throw.

All crow-hop throws, the focus is on hitting your partner in the chest/waist while emphasizing getting the front side up.

On the way out, all throws will have an arc. Feel extension and maintain effort.

On the way in, feel the ground under you, use your legs and feel as if you are on top of the baseball. Feel drive all the way through each throw. Throughout the routine, emphasis is on using your legs.

****Adjust this routine for your players age and ability. See this as a guideline and template.****

Bullpen Routine

Fastballs ONLY

Stretch

3 FB Glove Side

2 FB Glove Side

Slide Step/Load 'N Go

3 FB Arm Side

2 FB Arm Side

Slide Step/Load 'N Go

2 Pitch Out - RHH

2 Pitch Out - LHH

14 Total

Wind-Up

3 FB Glove Side

2 FB Middle Up

3 FB Arm Side

2 FB Middle Up

1 FB Middle

11 Total

If you feel the need to repeat the same pitch you just threw, go for it. Focus on detail and strive to make each rep meaningful.

- Throw with INTENT.
- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch.
- Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!
- EXECUTION...EXECUTION...EXECUTION...Hit your spot!!

Bullpen Routine

Fastballs & Change Ups

Stretch

3 FB Glove Side

1 FB Glove Side

Slide Step/Load 'N Go

3 FB Arm Side

1 FB Arm Side

Slide Step/Load 'N Go

3 CH Mid Down

2 Pitch Out - RHH

2 Pitch Out - LHH

15 Total

Wind-Up

3 FB Glove Side

1 FB Middle Up

3 FB Arm Side

1 FB Middle Up

3 CH Mid Down

1 FB Mid Down

3 CH Mid Down

1 FB Your Choice

16 Total

- Throw with INTENT.
- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch.
- Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!
- EXECUTION...EXECUTION...EXECUTION...Hit your spot!!
- Repeat a pitch and make adjustments according to weaknesses when needed.

Bullpen Routine

Fastball - Change Up - Breaking Ball

Stretch

3 FB Glove Side *2 Regular
1 Slide Step*

1 FB Middle Up

3 FB Arm Side *2 Regular
1 Slide Step*

3 CH Middle *2 Regular
1 Slide Step*

1 FB Middle Up

3 CB/SL *Strike
Put Away
Back Door*

1 Pitch Out - RHH

1 Pitch Out - LHH

16 Total

Wind-Up

3 FB Glove Side

1 FB Middle Up

3 FB Arm Side

3 CH Middle

1 FB Middle Up

3 CB/SL *Strike
Put Away
Back Door*

1 FB Arm Side

15 Total

****Finish with a simulated hitter****

- Throw with INTENT.
- Focus on repeating your delivery.
- Focus down in the zone and missing below the knees.
- Have a plan for each pitch.
- Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!
- EXECUTION...EXECUTION...EXECUTION...Hit your spot!!
- Repeat a pitch and make adjustments according to weaknesses when needed.

DUAL ARM EXERCISES

1: Over-the-head Forearm Extensions

- **BE SURE** to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle.
- Elbows stay stationary
- Palms extend forward



2: Side Extensions

- **BE SURE** to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen (not round) the side
- Extend from back hip through fingertips



3: Diagonal Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Extend from back hip diagonally through fingertips



4: Forward Flies

- Clip at chest height
- Slightly bent elbows at chest height
- Bring palms toward each other



5: Reverse Flies

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still



Workout Reminders

1. Exercises are to be done **PRIOR** to throwing (or on average of 3-5 days a week during periods of time off)
2. One set of 25 repetitions per exercise (Exercises 2 & 3 involve using the breath while stretching in 30 second increments)
3. Quality over Quantity
4. Maintain proper technique, alignment, etc
5. Keep pace fluid in both directions
6. Keep arm, body, and mind relaxed
7. Keep long, fluid breathing patterns
8. Walk closer to the fence to reduce tension
9. Work to the point of fatigue rather than failure.

THROWING ARM SPECIFIC EXERCISES

6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip



7: External Rotation

- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders



8: Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip



8: Elevated Internal Rotation (Alternative)

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle (wrist over elbow)
- Keep elbow as stable as possible



9: Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction



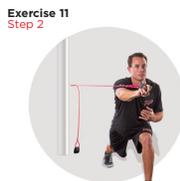
10: Reverse Throwing

- Clip at waist height
- Front shoulder facing clip
- Take arm in reverse direction maintaining the same arm action and arm slot of forward throwing motion
- Make a complete arm circle



11: Forward Throwing Motion

- Clip at waist height
- Place throwing fingers through wrist cuff & in alignment with clip
- Keep clip and tubing in line with arm slot
- Maintain normal throwing mechanics
- Extend out in front & make a complete arm circle with loose & relaxed arm action



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SPORTS

BASEBALL

Important Notice and J-Band™ Care information

BE SURE that the silver clip is **NEVER** in alignment with your face or head. The J-Band™ is not a toy and should not be used in any way other than the exercises that it is designed for. The J-Band™ is **NOT** to be stretched more than one-to-two feet of its original length — even for the strongest of students. Increase reps if needed.

Keeping it out of the sun and away from your cleats (when not in use) will help maximize the longevity and safety of your J-Band™.



When fastening silver clip to a chain link fence be sure to fasten the clip where the links intersect for stronger support.