

2016 6-Week Throwing Program

- ✓ Throwing twice per week for 6 weeks
- ✓ Be ready to pitch off a mound March 1st and throw 75-100 pitches by 1st scrimmage on March 17th

"Tools of the trade"

- ✓ Weighted jump rope
- ✓ Medicine balls
- ✓ Rubber tubing
- ✓ 2-knee drill / Step-Behind throwing drills



Weighted Jump Rope: The BEST Shoulder Exercise

- ✓ Read this newsletter to understand why – <http://www.pitchingdoc.com/index.php?p=251538>
- ✓ Do weighted jump rope 4x/week in 3 1-minute sets/day during the season

Why throw before the season starts?

- ✓ Flat-ground throwing/Long toss is NOT about building arm strength.
- ✓ Throwing is necessary to perfect the timing of your throwing motion, namely how efficiently you transfer energy from your lower body to your upper body
 - Just as you hit constantly to perfect your swing, you have to throw constantly to perfect your throwing motion.

NO "cold stretching"!

- ✓ Stretching before throwing without a proper warm-up (when your muscles are "cold") will INCREASE your risk of injury
- ✓ Weighted jump rope and push-ups will be your warm-up before throwing
- ✓ If you're not sweating, don't start throwing

The Proper Warm-Up before each throwing session

- ✓ 30 seconds of weight jump rope (~75 jumps)
 - 5 push-ups*, with a "2" count to the floor and a "1" count back to the starting position**
- ✓ 45 seconds of weighted jump rope (~110 jumps)
 - 3 push-ups*, with a "3" count to the floor and a "1" count back to the starting position**
- ✓ 1 minute of weighted jump rope (~150 jumps)
 - 2 push-ups*, with a "5" count to the floor and a "1" count back to the starting position**

* The proper form for a push-up is to have the hands directly under the shoulders and to keep the elbows tucked to the side, this increases triceps muscle activation, a muscle that works a lot to throw the baseball
-Letting the elbow "splay" increases shoulder stress.



**The slow counts to the floor not only keep you under control but strengthen the pec muscles as they lengthen, which is what happens when you get to the "late cocking" position:



The 2 throwing drills for this program

- ✓ 2-knee drill / Step-Behind Drill from throwing drills handout

Rubber Tubing Exercises

- ✓ The least important of the exercises but can still help.
- ✓ These 2 exercises are based on a 2010 study- "4 week program increases velocity in youth pitchers" for the tubing exercise - <http://www.pitchingdoc.com/index.php?p=251526>



- ✓ The 3rd is called the 'Cheerleader' tubing exercise
 - <http://www.mikereinold.com/2013/12/simple-exercise-scapula-posterior-chain-posture.html>



IMPORTANT! →

Each resistance exercise was performed in a 3-second repetition (1 second for the concentric phase and **2 seconds for the eccentric phase**). Each subject was instructed on how

Medicine Ball Deceleration Training

- ✓ Strengthening your back shoulder to improve deceleration after Ball Release
- ✓ See handout from Video Library



"You can only accelerate as fast as you can decelerate"

– Dr. Tom House

Founder – National Pitching Association – www.nationalpitching.net

WEEK 1

- ✓ Day 1
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 15 throws at 30 feet → last 5 as hard as you feel comfortable
 - Step-behind drill
 - 15 throws at 60 feet → last 5 as hard as you feel comfortable
 - Start the drill ~65 feet away so you are 60 feet away at release
- ✓ Day 2
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 20 throws at 30 feet → last 7 as hard as you feel comfortable
 - Step-behind drill
 - 20 throws at 60 feet → last 7 as hard as you feel comfortable
 - Start the drill ~65 feet away so you are 60 feet away at release

WEEK 2

- ✓ Day 1
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 20 throws at 45 feet → last 5 as hard as you feel comfortable
 - Step-behind drill
 - 20 throws at 75 feet → last 5 as hard as you feel comfortable
- ✓ Day 2
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 25 throws at 45 feet → last 10 as hard as you feel comfortable
 - Step-behind drill
 - 25 throws at 75 feet → last 10 as hard as you feel comfortable

*It's not how many throws you make,
it's how many throws you make correctly.*

WEEK 3

- ✓ Day 1
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 20 throws at 60 feet → last 7 as hard as you feel comfortable
 - Every 3rd throw is a changeup
 - Step-behind drill
 - 20 throws at 90 feet → last 7 as hard as you feel comfortable
 - Every 3rd throw is a changeup
- ✓ Day 2
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 25 throws at 60 feet → last 10 as hard as you feel comfortable
 - Every 3rd throw is a changeup
 - Step-behind drill
 - 25 throws at 90 feet → last 10 as hard as you feel comfortable
 - Every 3rd throw is a changeup

WEEK 4 – Mound Throwing on Day 2

- ✓ Day 1
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill
 - 30 throws at 60 feet → last 10 as hard as you feel comfortable
 - Every 3rd throw is a changeup
 - Step-behind drill
 - 30 throws at 90 feet → last 5 as hard as you feel comfortable
 - Every 3rd throw is a changeup
- ✓ Day 2
 - Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - NO Medicine ball program (do on different day than bullpen)
 - 2-knee throwing drill (every 3rd throw is a changeup)
 - 15 throws at 30 feet → last 5 as hard as you feel comfortable
 - 15 throws at 60 feet → last 5 as hard as you feel comfortable
 - Step-behind drill (every 3rd throw is a changeup)
 - 15 throws at 75 feet → last 5 as hard as you feel comfortable
 - 15 throws at 90 feet → last 5 as hard as you feel comfortable
 - Mound work
 - 15 pitches → all fastballs, last 5 as hard as you feel comfortable

It's not how many pitches you throw, it's how many pitches you throw correctly.



WEEK 5 - Mound Throwing on Day 2

- Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill (every 3rd throw is a changeup)
 - 15 throws at 30 feet → last 5 as hard as you feel comfortable
 - 15 throws at 60 feet → last 5 as hard as you feel comfortable
 - Step-behind drill (every 3rd throw is a changeup)
 - 15 throws at 75 feet → last 5 as hard as you feel comfortable
 - 15 throws at 90 feet → last 5 as hard as you feel comfortable
- ✓ Day 2
- Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - NO Medicine ball program (do on different day than bullpen)
 - 2-knee throwing drill (every 3rd throw is a changeup)
 - 10 throws at 30 feet → last 5 as hard as you feel comfortable
 - 10 throws at 60 feet → last 5 as hard as you feel comfortable
 - Step-behind drill (every 3rd throw is a changeup)
 - 10 throws at 75 feet → last 5 as hard as you feel comfortable
 - 5 throws at 90 feet → last 2 as hard as you feel comfortable
 - Mound work
 - 30 pitches → 10 changeups, last 10 as hard as you feel comfortable

WEEK 6 - Mound Throwing on Day 2

- ✓ Day 1
- Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - Medicine ball program
 - 2-knee throwing drill (every 3rd throw is a changeup)
 - 15 throws at 30 feet → last 5 as hard as you feel comfortable
 - 15 throws at 60 feet → last 5 as hard as you feel comfortable
 - Step-behind drill (every 3rd throw is a changeup)
 - 15 throws at 75 feet → last 5 as hard as you feel comfortable
 - 15 throws at 120 feet → last 5 as hard as you feel comfortable
- ✓ Day 2
- Jump rope/push-ups warmup
 - Rubber tubing exercise (2 sets of 10 for each exercise)
 - NO Medicine ball program (do on different day than bullpen)
 - 2-knee throwing drill (every 3rd throw is a changeup)
 - 10 throws at 30 feet → last 5 as hard as you feel comfortable
 - 10 throws at 60 feet → last 5 as hard as you feel comfortable
 - Step-behind drill (every 3rd throw is a changeup)
 - 15 throws at 75 feet → last 5 as hard as you feel comfortable
 - Mound work
 - 50 pitches → 15 changeups, last 15 as hard as you feel comfortable

It's not how many pitches you throw, it's how many pitches you throw correctly.