

Pitching/Throwing Development Plan

Every Day

Each player will have two water bottles filled with rocks or sand. They will keep these in their baseball bag as they will be used daily. We will use them for arm circles to the the shoulders warmed up properly.

You will do one minute of forward large arm circles. Then one minute of backward large arm circles. Thirty seconds of small arm circles forward, then thirty seconds of small arm circles backward.

After that the players will do band work

-Jaeger Tubing workout

-We do this to warm up and create functional strength

-DO NOT THROW TO WARM UP....WORST BASEBALL PRACTICE WE CAN HAVE. You warm up to throw!

Knee Drill

30 ft apart 20-30 throws

Rocker Drill

45 ft 10 throws

60 ft 10 throws

75 ft 10 throws

Step Behind

75ft 10 throws

90ft 10 throws

Front Cross (Long Toss)

At least 20-30 throws out to however far they can go and still make a good throw. No more than one step movement for the person catching the ball. If they will long toss for 10 minutes and keep backing up LET THEM!!!

We Want to Long toss at least 3 times per week

-Long Toss

Don't rush kids we want them to stretch as far as they can possibly go.

How to properly long toss?

I truly believe that this program can completely change a program. Because, it will improve our pitchers velocity and accuracy if done with the correct mechanics.

When playing long toss we always have one front crossover step. WE never crossover behind, that is not a functional baseball move.