



Mozingo Velocity Program In-Season Training

This is the in-season portion of the Mozingo Velocity Program. There are several different options during this time of year. Below you will find which category you fall into based on when you pitched last, what you did yesterday and/or when you have the opportunity to pitch again. Once you have found the category you fall into, find your workout and get your work in. It is important to start with a thorough dynamic warm up each day prior to doing any of this program.

Select the option that best describes your current pitching/throwing situation

[I pitch/could pitch tomorrow](#) [I pitched/threw a bullpen yesterday](#) [I pitched 2 days ago](#)
[I pitched 3 days ago](#) [It has been at least 5 days since I last pitched & I have at least 1 more days off](#)

*****ONLY THOSE OVER THE AGE OF 12 AND/OR THOSE WHO HAVE MY PERMISSION MAY THROW WEIGHTED BALLS OF ANY KIND*****

Tune Up

I pitch/could pitch tomorrow

8 Second Drills - Quick Feet - Up/Up/Back/Back x 6, Front/Back x 4 & 1 Foot Side/Side x 2 each
Arm Alive - J- Bands & Tennis Ball Squeezes x 10
TAP Balls - 2 lb Reverse Throws x 20, 7 oz Squared Up x 10, 7 oz Shoelace x 10
Throwing - Heel Click with Hop Progressions x 3 each & Play catch

Recovery

I pitched/threw a bullpen yesterday

Soft Tissue Work - Foam Roll, lacrosse ball, etc. Lower Body, forearms, shoulders, bicep, pec
Arm Alive - Ball Series x 10 each & Shoulder Tube 2x 60 seconds
TAP Balls - Rebounders 8x50/10 & 2 lb External Tosses 4x20
Daily Throwing - Light or No Catch
Arm Care - X Bands Recovery & DB Series 2x10 each
Strength (Day After Pitching) - Deadlifts 3x6, SL Squats 3x6/leg, SB Rollout 3x10, Suspension Rows 3x8, Leg Curls 2x12
Anabolic Training (Day After Bullpen)- Pickups 12x20 or Side to Side Shuffles 15x30 yards & Jump Rope 6x100

Combo

I pitched 2 days ago

8 Second Drills - Side to Side Hops 4x10
Arm Alive - J Bands & Pronation/Supination x 10
TAP Balls - 2lb Reverse Throws x 20, Wrist Weight 2 Knee(14/7/5/3.5) x 3 each, Wrist Weight Wrong Foot (14/7/5/3.5) x 3 each, 2 Knee (14/7/5/3.5) x 2 ea, Wrong Foot (14/7/5/3.5) x 2 ea
Daily Throwing - Heel Click with Hop Progressions x 3 each & Long Toss
Arm Care - [Ball Series](#) - Week 3, Rope Battles 10x12 seconds
Anabolic Training - 30 yard sprints x10

Bullpen

I pitched 3 days ago

8 Second Drills - 3 Cone Drill 6x8 Seconds
Arm Alive -X Bands Activation & Shoulder Tube Throwing Motion X 10
TAP Balls - 2 lb Reverse Throws x 20, 14 oz Squared Up x 8, 7 oz Shoelace x 8
Daily Throwing -Long Toss, Pull Down, Hop & Throw Progressions x 3 each
Pitching - Bullpen

Arm Care - Shoulder Tube 6 Way Shoulders 3x40 seconds, Band Pull Aparts x 10 each
Strength - Row Variation 3x6, Russian Twists 2x20, Tricep push downs 2x10, Bicep Curls 2x10,
Lunge Variation 3x6, Weighted Squat Jumps 3x8
Plyos - MB 1 Arm Puts 2x10, MB OH Throws 2x10, MB plyo pushup 2x10, MB
Up,up,down,down 2x10

Dynamic

It has been at least 5 days since I pitched & I have at least 2 more days off

8 Second Drills - Skaters 4x6

Arm Alive - X Bands Activation & Tennis Ball Squeezes x 10

TAP Balls - 2lb Reverse Throws x 20, 14 oz Reverse Pivot x 10, Rocker (Heavy to Light -
14/7/5/3.5) x 3,

Throwing - Long Toss, Pull Down

Weighted Balls - Optional [Over/Under](#)

Arm Care - Iron Scap & Shoulder Motions 2x30 each

Stabilization - 1 Leg Scoop Toss 2x10/leg, 1arm/1 leg reach & row 2x10/side, 1 leg RDLs
2x10/leg

Over/Under

- 5 oz x 4

- 6 oz x 2

- 5 oz x 4

- 4 oz x 2