

PRESEASON THROWING PROGRAM FOR PITCHERS

(adapted from

<https://www.stack.com/a/pre-season-baseball-throwing-program-for-a-healthy-and-durable-arm>)

Warm Ups -

- Elevate your heart rate by performing some low-level aerobic exercises to increase blood flow and mobility exercises to improve range of motion with joints.
- Always stretch and warm up the arm and body before performing the following throwing program. Jaeger resistance bands are great for developing structure and balance in the shoulder cavity (rotator cuff, deltoid, scapular).
- Make sure the arm is good and stretched out thoroughly by doing some [Long Toss](#) before any mound work.

Prior to the following throwing program several weeks should be dedicated to conditioning the arm and building its structure. In addition to building the arm/shoulder muscles, you should integrate exercises for the legs and core, especially exercises that work on the rotational muscles of the body.

Week 1 (Feb. 1-7) - Interval throwing to be performed on nonconsecutive days (e.g., Mon, Wed, Fri)

- Day 1 - 20 throws @ 45 ft, 20 throws @ 60 ft (1 walking stride = 2 feet)
- Day 2 - 20 throws @ 45 ft, 10 throws @ 60 ft, 10 throws @ 90 ft
- Day 3 - 20-25 throws @ 45 ft, 10-15 throws @ 60 ft, 10-15 throws @ 90 ft

NOTE: *Depending on your current level of preparation, this may cause some soreness or it may feel like nothing at all. Stick to the plan and allow your body to adapt as the program intensifies.*

Week 2 (Feb. 8-14) - Interval throwing to be performed on nonconsecutive days

- Day 1 - 20 throws @ 45 ft, 20 throws @ 60 ft, 10-15 throws @ 90 ft
- Day 2 - 10 throws @ 45 ft, 10 throws @ 60 ft, 20 throws @ 90 ft, 10 throws @ 120 ft, 10 throws @ 60 ft
- Day 3 - 10 throws @ 45 ft, 10 throws @ 60 ft, 20-25 throws @ 90 ft, 10-15 throws @ 120 ft, 10 throws @ 60 ft

PITCHERS: Include [flat ground](#) work on day 3, fastball grip only, no more than 15 throws.

Week 3 (Feb. 15-21) - Interval throwing. No more than 2 consecutive days (e.g., Mon/Tue, Thur/Fri)

- Day 1 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 10 throws @ 60 ft
- Day 2 - 20 throws @ 60 ft, 20 throws @ 90 ft, 10 throws @ 120 ft, 10 throws @ 150 ft, 10 throws @ 60 ft.
- Day 3 - 20 throws @ 60 ft, 20 throws @ 90 ft, 10-15 throws @ 120 ft, 10 throws @ 150, 10 throws @ 60 ft
- Day 4 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 10 throws @ 150 ft, 10 throws @ 60 ft

NOTE: *If you experience significant soreness or tightness during week 3, take an extra day off and do not force yourself to throw on consecutive days.*

PITCHERS: Include [flat ground](#) work 2x this week, fastball & change-up grips, no more than 15 throws

Week 4 (Feb. 22-28) - Interval throwing. No more than 2 consecutive days

- Day 1 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 10-15 throws @ 150 ft, 10 throws @ 60 ft

- Day 2 - 20 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 20 throws @ 150 ft, 10 throws @ 60 ft
- Day 3 - 20-30 throws @ 60 ft, 20-30 throws @ 90 ft, 20 throws @ 120 ft, 20 throws @ 150 ft, 10 throws @ 60 ft
- Day 4 - 20 throws @ 60 ft, 20 throws @ 90 ft, 10 throws @ 120 ft, 10 throws @ 150 ft, 10 throws @ 60 ft

PITCHERS: Include [flat ground](#) work 2x this week, fastball & change-up grips, no more than 15 throws. You may also choose to throw a 25 pitch bullpen off a mound.

Week 5 (Tryouts) - Interval throwing. Complete on consecutive days (e.g., Mon, Tues, Wed, Thur, Fri)

- 10 throws @ 60 ft, 20 throws @ 90 ft, 20 throws @ 120 ft, 5-10 throws @ 150 feet, 10 throws @ 60 ft

NOTE: One day this week can be a long-toss day, not to exceed 200 ft and no more than 15 throws

PITCHERS: Include [flat ground](#) work 3x this week on nonconsecutive days, fastball, change-up and curve ball grips, no more than 20 throws. Continue throwing bullpens and begin increasing pitch count gradually (35-40 pitches) as the arm allows.

Week 6 (Practices) - At this point you will be on a daily throwing regimen.

Pitchers should be able to throw a 30-35 pitch bullpen or a 2 inning outing during an intrasquad game. Limit yourself to 2 bullpens and/or intersquad outings per week. Increase your pitch count by 10 pitches each week. You should be prepared to reach a pitch count of 60 pitches by opening day. Don't push it too hard or you could suffer a set-back. Listen to your arm.

Recovery

- The day after a pitcher's mound work, Long Toss should only entail the "stretching out" phase and the distance may only consist of about 50-75% of a pitcher's normal distance. This is important to understand because Long Toss after mound work should be less aggressive with the focus being on "stretching" the arm out. The second day off the mound will lead to a more typical distance and throwing routine including the "pull down" phase. Remember, it always comes down to listening to your arm to determine how much recovery it needs in between mound work.
- In general, take a day off throwing for every 25-30 pitches thrown off the mound.
- Perform Jaeger Band exercises on a daily basis.

	DESCRIPTION	TIPS
<u>STEP ONE:</u> INTERVAL THROWING	Playing catch with a purpose to gradually warm up and increase your throws in terms of intensity and distance	- Focus on hitting target in chest with each throw - Always gain forward momentum toward target with a crow hop at longer distances - Players should only throw at distances at which they feel comfortable and can maintain proper biomechanics - After reaching that maximum distance at which the player feels comfortable, make ten throws at that distance before gradually moving back toward your throwing partner
<u>STEP TWO:</u> FLAT-GROUND PITCHING	Players throw from the pitching motion off flat-ground to gain feel for timing and consistent mechanics	- Throw out of the stretch delivery - Partner should be in the catcher (squatting) position - Focus on hitting target in catcher's glove
<u>STEP THREE:</u> MOUND PITCHING	Players throw from mound to get comfortable with throwing on downward slope and locating pitches	- Throw out of stretch and wind-up delivery - Focus on locating pitches to specific areas of the strike zone (inside/outside, high/low) - Use a stand-in batter toward the end of your sessions when possible