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 years. I started pitching when I was 8 or 9 and feel strong to this day. If a pitcher’s 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

BASEBALLDUDES.com
### Off-Season Throwing Routine

**9-12 Year Olds**

<table>
<thead>
<tr>
<th>Off</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<tr>
<td></td>
<td><strong>Light Catch</strong></td>
<td><strong>Delivery Work</strong></td>
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<td>45-60 ft. 8-12 min. 60-70% effort</td>
<td>Mirror work/ Towel work/ Shadow work</td>
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<td>15 Pick Offs</td>
<td>What's your Focus?</td>
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<td>Week 1</td>
<td>J-Bands 10 reps</td>
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<td>Week 2</td>
<td>J-Bands 11 reps</td>
<td><strong>Light Catch</strong></td>
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<td>60-90 ft. 10+ min. 70-80% effort</td>
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<td><strong>Delivery Work</strong></td>
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<td>Mirror work/ Towel work/ Shadow work</td>
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<td>75-105 ft. 12+ min. 80-90% effort</td>
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<td>15 Pick Offs</td>
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<td>Week 4</td>
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<td><strong>Long Toss/Bullpen</strong></td>
<td><strong>Delivery Work</strong></td>
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<td><strong>Long Toss/Bullpen</strong></td>
<td><strong>Catch</strong></td>
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<td>Week 7</td>
<td>J-Bands 15+ reps</td>
<td><strong>Long Toss/Bullpen</strong></td>
<td><strong>Catch</strong></td>
<td><strong>Delivery Work</strong></td>
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<td>J-Bands 15+ reps</td>
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<td>Week 9</td>
<td>J-Bands 15+ reps</td>
<td><strong>Long Toss/Bullpen</strong></td>
<td><strong>Catch</strong></td>
<td><strong>Delivery Work</strong></td>
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<td>15 Pick Offs</td>
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</table>

**What’s your Focus?**

**Light Catch Optional**

**Delivery Work**

**Mirror work/ Towel work/ Shadow work**

**Long Toss/Bullpen**

**30 pitch pen FB/CH**

**Simulate 1 batter**

**Simulate 2 Batters**

**Simulate 3 Batters**

**Mirror work/ Towel work/ Shadow work**

**Light Catch Optional**

**Mirror work/ Towel work/ Shadow work**

**Light Catch Optional**

**Mirror work/ Towel work/ Shadow work**

**Light Catch Optional**

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**Light Catch Optional**

**Mirror work/ Towel work/ Shadow work**

**Light Catch Optional**

**Mirror work/ Towel work/ Shadow work**

**Light Catch Optional**
# Off-Season Throwing Routine

## 13-15 Year Olds

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

### 16-18 Year Olds

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<tr>
<td>Week 1 J-Bands 10 reps</td>
<td><strong>Light Catch</strong> 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs</td>
<td>Delivery Work Mirror work/ Towel work/ Shadow work What's your Focus?</td>
<td><strong>Light Catch</strong> 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs</td>
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<td>Week 2 J-Bands 11 reps</td>
<td><strong>Light Catch</strong> 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs</td>
<td>Delivery Work Mirror work/ Towel work/ Shadow work What's your Focus?</td>
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<td>Week 3 J-Bands 12 reps</td>
<td><strong>Catch</strong> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs</td>
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<td>Delivery Work Mirror work/ Towel work/ Shadow work What's your Focus?</td>
<td><strong>Light Catch</strong> 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs</td>
<td><strong>OFF</strong></td>
</tr>
<tr>
<td>Week 4 J-Bands 13 reps</td>
<td>Long Toss/Bullpen 120-150 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB’s only</td>
<td>Delivery Work Mirror work/ Towel work/ Shadow work Light Catch Optional</td>
<td><strong>Catch</strong> 90-120-150 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs</td>
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<td>Week 8 J-Bands 15+ reps</td>
<td>Long Toss/Bullpen 235-265+ ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters</td>
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<td>Week 9 J-Bands 15+ reps</td>
<td>Long Toss/Bullpen 260-290+ ft. 15+ min. 95-100% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Inn.</td>
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</table>

**What’s your Focus?**

- Light Catch
- Delivery Work
- Long Toss/Bullpen
- Off-Season Throwing Routine
- All Pitches
- 2 Batters
- 15+ reps
- 10+ reps
- Off
## Off-Season Throwing Routine

### College & Professional Pitchers

<table>
<thead>
<tr>
<th>Off</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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<tr>
<td>J-Bands 10 reps</td>
<td>Light catch 60-70% effort 60-90 ft. 8-12 min. 15 Pick Offs</td>
<td>Delivery Work</td>
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<tr>
<td>J-Bands 11 reps</td>
<td>Light catch 70-80% effort 75-110 ft. 10-15 min. 10-15 CH 15 Pick Offs</td>
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<td>J-Bands 13 reps</td>
<td>Long Toss/Bullpen 150-200 ft. 15+ min. 80-90% effort 10-15 CH/Spin 25 pitch bullpen FB Only</td>
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<td>Long Toss/Bullpen 170-220 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH</td>
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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

<table>
<thead>
<tr>
<th>Stretch</th>
<th>Wind-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 FB Glove Side</td>
<td>3 FB Glove Side</td>
</tr>
<tr>
<td>2 FB Glove Side</td>
<td>2 FB Middle Up</td>
</tr>
<tr>
<td>3 FB Arm Side</td>
<td>3 FB Arm Side</td>
</tr>
<tr>
<td>2 FB Arm Side</td>
<td>2 FB Middle Up</td>
</tr>
<tr>
<td>Slide Step/Load 'N Go</td>
<td>1 FB Middle</td>
</tr>
<tr>
<td>2 Pitch Out - RHH</td>
<td>14 Total</td>
</tr>
<tr>
<td>2 Pitch Out - LHH</td>
<td></td>
</tr>
<tr>
<td>11 Total</td>
<td>14 Total</td>
</tr>
</tbody>
</table>

- 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
- 3 FB Arm Side
- 1 FB Arm Side
- 3 CH Mid Down
- 2 Pitch Out - RHH
- 2 Pitch Out - LHH

**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

<table>
<thead>
<tr>
<th>Total</th>
<th>Total</th>
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<tr>
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- 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
- 1 FB Middle Up
- 3 FB Arm Side
- 3 CH Middle
- 1 FB Middle Up
- 3 CB/SL
- 1 Pitch Out - RHH
- 1 Pitch Out - LHH

**Wind-Up**

- 3 FB Glove Side
- 1 FB Middle Up
- 3 FB Arm Side
- 3 CH Middle
- 1 FB Middle Up
- 3 CB/SL
- 1 Pitch Out - RHH
- 1 Pitch Out - LHH

**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.

BaseballDudes.com
**DUAL ARM EXERCISES**

1. **Over-the-head Forearm Extensions**
   - **BE SURE** to place clip so it is not in alignment with head.
   - Get in large 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 chest height.
   - Slightly bent elbows at chest height.
   - Bring palms toward each other.

6. **Internal Rotation**
   - Clip at hip height.
   - Elbow on hip.
   - Arm at right angle.
   - Place off-hand under arm pit.
   - Maintain level shoulders.
   - Rotate arm towards opposite hip.

7. **External Rotation**
   - Clip at shoulder 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.

9. **Elevated External Rotation**
   - Clip at shoulder height.
   - Same as Internal Rotation in opposite direction.

10. **Reverse Throwing Motion**
    - 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.

**THROWING ARM SPECIFIC EXERCISES**

**Exercise 1**
- **Step 1**
- **Step 2**

**Exercise 2**
- **Step 1**
- **Step 2**

**Exercise 3**
- **Step 1**
- **Step 2**

**Exercise 4**
- **Step 1**
- **Step 2**

**Exercise 5**
- **Step 1**
- **Step 2**

**Exercise 6**
- **Step 1**
- **Step 2**

**Exercise 7**
- **Step 1**
- **Step 2**

**Exercise 8a**
- **Step 1**
- **Step 2**

**Exercise 8b**
- **Step 1**
- **Step 2**

**Exercise 9**
- **Step 1**
- **Step 2**

**Exercise 10**
- **Step 1**
- **Step 2**

**Exercise 11**
- **Step 1**
- **Step 2**

**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
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.

**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.

**Arm Lengthen**
- Get in lunge position.
- Elbows stay stationary.
- Palms extend forward.
- Elbows stay stationary.
- Palms extend forward.

**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.

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- Extend from back hip through fingertips.

**Baseball**

**Important Notice and J-Band™ Care Information**

**BE SURE** that the silver clip is NEVER in alignment with your face or face guard. 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™.

**Jaeger Sports**

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