

YOUTH: AGES 11- 13u:

90 DAY OFFSEASON VELOCITY AND PITCH-ING ENHANCEMENT PROGRAM

THE FOLLOWING 90DAY VELOPRO PITCH-ING AND VELOCITY PROGRAM IS DESIGNED SPECIFICALLY FOR USAGE WITH THE VL HARNESS, AND IS INTENDED FOR YOUNGER DEVELOPING ARMS IN THE 11 - 13U AGE RANGES. THERE ARE BIG DIFFERENCES THAT MUST BE ADHERED TO WHEN TRAINING YOUNGER PITCHERS - ALL OF WHOSE BODIES ARE STILL EXPERIENCING GROWTH AND PHYSIOLOGICAL CHANGES.

USAGE WITHOUT THE VL HARNESS IS NOT RECOMMENDED, AS (1) SENSORY FEEDBACK, (2) MOVEMENT ENHANCEMENT, AND (3) UNSUPPORT OF THE THROWING SHOULDER AND ELBOW WOULD NOT BE ASCERTAINED TO THE WORK LOAD, TRAINING GOALS, AND/OR OVERSIGHT REQUIREMENTS SET FOR BY THIS PROGRAM.

*DO NOT UTILIZE ANY WEIGHTED IMPLEMENT WITH THIS PROGRAM. VELOPRO BASEBALL AND BIG LEAGUE EDGE PERFORMANCE BASEBALL HAVE CONDUCTED EXTENSIVE **INDEPENDANT** RESEARCH AT THE UNIVERSITY, LAB, AND FIELD LEVELS (NATIONALLY) UPON WEIGHTED IMPLEMENT TRAINING FOR YOUNGER PITCHERS. DATA SUGGESTS THAT SUCH USAGE PRESENTS AN EXTREME NEGATIVE PHYSIOLOGICAL HEALTH EFFECT UPON YOUNGER GROWING BODIES - AS TENDONS, LIGAMENTS, AND JOINT SUPPORT IS NOT YET MATURE ENOUGH TO SUPPORT STRESS LOADS PLACED UPON OUTERMOST EXTREMITIES. **THIS INCLUDES WEIGHTED BASEBALLS.***

RECOMMENDED FOR:

*1. **AGES 11-13U PITCHERS** WHOM HAVE A FULL 90DAYS OF NO COMPETITION (OR VERY LITTLE) TO ENSURE WORK LOADS AND RECOVERY RATES ARE ASCERTAINED. USE VL HARNESS AT ALL TIMES (UNLESS DENOTED). YOUNG ARMS AND BODIES RECOVER QUICKLY, BUT LACK FUNCTIONAL STRENGTH TO SUPPORT THE HIGHER WORK LOAD LEVELS OF THIS PROGRAM. COMPETITION STRESS AND WORK LOAD LEVELS ARE NOT CONDUCIVE TO THIS PROGRAM'S REQUIREMENTS. START THIS PROGRAM AFTER YOU HAVE 30 FULL DAYS OF RECOVERY FROM PREVIOUS SEASON. ENSURE YOUR BODY IS IN GOOD PHYSICAL AND CARDIO FITNESS SHAPE BEFORE STARTING PROGRAM. NOT RECOMMENDED FOR POST SURGERY OR "RECOVERING FROM INJURY" ARMS. MONITORING RECOVERY RATES IS CRUCIAL TO PROGRAM ADAPTATION(S) AND/OR PROCUREMENT. DO NOT START THIS PROGRAM IF YOU ARE 10 AND UNDER - EVEN IF YOU ARE PHYSIOLOGICALLY ADVANCED.*

DEVELOPS HEALTHY VELOCITY THAT IS BOTH SUPPORTED AND COMPETES FOR THE WIN - **RATHER THAN JUST A VELOCITY OR THROWING PROGRAM.** OVER 5 YEARS OF ANALYTICAL PITCHING DATA AND RESEARCH (FROM THE UNIVERSITY, LAB, AND ON FIELD PERSPECTIVES) CONFOUNDS THIS PROGRAM. DATA IS **INDEPENDANT** OF

VELOPRO BASEBALL, WHICH IS HIGHLY IMPORTANT TO THE ACCOUNTABILITY AND INTEGRITY OF THIS PROGRAM. **USAGE WITH GAME COMPETITION IS NOT ADVISED BECAUSE PROGRAM DOES NOT TAKE INTO ACCOUNT PERFORMANCE STRESS OR WORK LOADS.**

THE DIFFERENT ASPECTS OF THE PROGRAM ARE DESCRIBED BELOW - WITH THE ACTUAL DAILY THROWING, LIFTING, RUNNING, AND RECOVERY ROUTINES LISTED UNDER "WEEK 1" TO "WEEK 12". READ OVER ALL THE INFORMATION **BEFORE** YOU START.

USE YOUR VL HARNESS (AS DIRECTED BY THE PROGRAM) WITH ALL ASPECTS OF THROWING. IT PROVIDES THE NECESSARY SENSORY FEEDBACK AND PEAKED ATHLETIC MOVEMENT REQUIRED TO DEVELOP A (1) PROPER DELIVERY, (2) INCREASED VELOCITY, (3) IMPROVED PITCH PLANE, AND (5) ENHANCED FASTBALL MOVEMENT AND OFF SPEED BREAK, AND VELOCITY. **TO BETTER UNDERSTAND HOW TO USE YOUR VL HARNESS, REFER TO OUR [TUTORIALS PAGE](#).**

IF YOU WISH TO HAVE OVERSIGHT OR ADDITIONAL TRAINING, FIND A CERTIFIED VELOPRO BASEBALL INSTRUCTOR NEAR YOU OR EMAIL INFO@VELOPROBASEBALLNJ.COM.

RECOVERY AND WORK LOAD RATIOS:

THE RELATIONSHIP BETWEEN YOUR WORK LOAD AND RECOVERY RATES SHOULD DICTATE HOW YOU UTILIZE THIS PROGRAM. TOO MUCH SORENESS/TIGHTNESS THE DAY AFTER MEANS YOUR ARM IS NOT READY FOR THE WORK LOAD REQUIREMENT. DO **NOT** PUSH YOUR ARM TO THE POINT IT IS NOT RECOVERING IN TIME FOR YOUR NEXT THROWING SESSION. FOLLOW THESE STEPS (IN ORDER) TO PROCURE RECOVERY/WORK LOAD RATIO(S):

1. IF YOU ARE EXPERIENCING TOO MUCH "DAY AFTER" SORENESS/TIGHTNESS, BACK OFF ON REP AMOUNTS - NOT FREQUENCY.
2. IF YOU STILL ARE NOT RECOVERING (AFTER COMPLETING STEP 1), BACK OFF ONE DRILL PER TRAINING SECTION OF EACH DAY'S THROWING REGIMEN. REPEAT UNTIL PROPER RECOVERY LEVELS ARE ATTAINED AND WORK FROM THERE.
3. NO MATTER HOW YOUR ARM RECOVERS, IF YOU FEEL PAIN - STOP AND RE-EVALUATE FREQUENCY, FITNESS LEVELS, AND RECOVERY TIMES.
4. WHEN EVALUATING, KNOW THE DIFFERENCES BETWEEN (1) FATIGUE, (2) SORENESS, (3) TIGHTNESS, (4) ACHINESS, AND (5) PAIN. SOME SORENESS AND FATIGUE IS GOOD, BUT TOO MUCH WILL LEAD INTO POST THROWING ACHINESS THAT DOES NOT SUBSIDE (TENDONITIS). IT CAN ALSO LEAD INTO "DAY AFTER" TIGHTNESS THAT DOES NOT WORK ITSELF OUT QUICK ENOUGH. ANY TYPE OF PAIN IS NOT GOOD AND YOU SHOULD STOP IMMEDIATELY.
5. **"PAIN"** IS A SHARP PAINFUL SENSATION WHEN YOU PERFORM A CERTAIN MOVEMENT. **"FATIGUE"** IS YOUR ARM OR BODY FEELS TIRED. **"SORENESS"** IS SIMILIAR TO **"TIGHTNESS"**, BUT THE LATER DOES NOT LOOSEN ITSELF OUT OR SUBSIDE

QUICKLY. "**ACHINESS**" IS A THROBBING SENSATION - INDICATOR THE PRESENCE OF TENDONITIS OR START OF SUCH. REMEMBER THAT YOUR ARM IS A MUSCLE AND NEEDS TO BE USED, BUT **NOT** OVERUSED.

6. PROPER MONITORING OF RECOVERY RATES WILL REQUIRE YOU TO STOP THROWING ONCE YOU FEEL LIKE YOUR ARM IS USED. STOP AFTER YOU FEEL THIS "SENSATION" - AS IT IS THE START OF FATIGUE. DO **NOT** PUSH PAST THIS, OR YOUR NEXT DAY'S THROWING REGIMEN WILL SUFFER.

7. BUILD AND PLATEAU YOUR THROWING FREQUENCY AND REPS TO MAXIMIZE RECOVERY RATES. IT WILL TAKE ABOUT A MONTH TO FULLY UNDERSTAND HOW YOUR ARM AND BODY ARE RESPONDING TO THE BELOW.

8. ADHERE TO ALL REST REQUIREMENT(S) BETWEEN DRILLS, EXERCISES, OR SETS - EVEN IF YOU FEEL YOU ARE RECOVERED.

THIS IS AN OFF SEASON PITCHING AND VELOCITY BUILDING PROGRAM, AND DOES NOT TAKE INTO ACCOUNT PERFORMANCE WORK LOADS. IF YOU ARE CURRENTLY IN A SEASON, DO NOT USE THIS PROGRAM - AS RECOVERY RATES WILL NOT BE ASCERTAINED.

USAGE AND PROGRAM KEY:

ALWAYS USE YOUR VELOCITY LOAD HARNESS WITH EVERY ASPECT OF THE PROGRAM (EXCEPT STRENGTH AND RUNNING). THERE ARE TWO WAYS TO USE YOUR VL HARNESS (DENOTED IN THE PROGRAM KEY). BACK HIP (**BH**) CONTOURS YOUR BACK HIP TO TRAIN LINEAR DRIVE, GROUND REACTION FORCE (GRF), AND SYNC OF FRONT FOOT STRIKE. FRONT HIP (**FH**) CONTOURS YOUR FRONT HIP TO TRAIN ROTATIONAL TORQUE AND SYNC OF LOWER-TO-UPPER HALF KINETIC REACTION FORCE. REFER TO OUR [TUTORIALS VIDEOS](#) FOR MORE DETAILED USAGE.

THERE ARE 3 DIFFERENT TRAINING COMPONENTS PER DAY TO THE PROGRAM - (1) THROWING, (2) RUNNING/RECOVERY, AND (3) STRENGTH. ENSURE YOU HAVE THE RIGHT VL HARNESS PLACEMENT PER DRILL (AS DENOTED PER DRILL BELOW).

FOR DRILLS WITHIN EACH TRAINING COMPONENT:

1. EACH DRILL IN THE PROGRAM HAS A NUMBER #1 - #6 THAT CORRESPONDS WITH THE NUMBER OF A DRILL IN THE VIDEOS SHOWN AT THE TOP OF THIS WEBSITE PAGE. FOR EXAMPLE, IF DRILL #1 IS LISTED IN YOUR DAY'S THROWING ROUTINE, YOU ARE TO DO THE LEG KICK POSTURE DRILL, WHICH IS DESCRIBED IN VIDEO #1 AT THE TOP OF THIS WEBSITE PAGE.

TRAINING COMPONENTS OF THE THROWING PROGRAM AND WHAT THEY MEAN:

1. **DELIVERY TRAINING** - DEVELOPS PITCHING DELIVERY EFFICIENCY, MECHANICS, MOVEMENTS, AND TEMPOS.

2. **VELOCITY/LONG TOSS TRAINING** - INCREASES ARM SPEED, WHIP, ENDURANCE, VELOCITY, PLANE, AND LOWER HALF DRIVE.

3. **PITCHING TRAINING** - DESIGNED TO INCREASE EXECUTION RATIOS, PITCHABILITY, AND COMMAND.
4. **PRE-THROWING TRAINING** - GETS BODY AND ARM READY FOR THE DAY'S WORK REQUIREMENTS.
4. **RUNNING AND RECOVERY TRAINING** - INCREASES CARDIO FITNESS, ENDURANCE, AND RECOVERY.
6. **STRENGTH TRAINING** - DEVELOPS PITCHING SPECIFIC STRENGTH IN A KINETIC CHAIN REACTION.

PROGRAM KEY:

1. **BH** - VL HARNESS IS PLACED ON BACK HIP (APPLICATION DESCRIBED ABOVE).
2. **FH** - VL HARNESS IS PLACED ON FRONT HIP (APPLICATION DESCRIBED ABOVE).
3. **PEL** - PERCEIVED EFFORT LEVEL OF THROWING OR RUNNING.
100% IS MAX INTENSITY THROWING (ON A LINE) OR MAX INTENSITY SPRINTING.
90% IS CONTROLLED HIGH INTENSITY THROWING OR SPRINTING.
80% IS SLIGHT ARC OR MEDIUM INTENSITY SPRINTING.
50% IS ACTIVE WARM UP OR MEDIUM RATE JOGGING.

90DAY PITCHING AND VELOCITY **PROGRAM***

THE FOLLOWING PROGRAM INCLUDES EVERY REQUIRED ASPECT OF PITCHING DEVELOPMENT. IT IS A GENERAL GUIDELINE THAT GIVES YOUR PITCHING CAREER A FULLY COMPREHENSIVE APPROACH TO WINNING ON THE MOUND. THIS IS AN OFF SEASON WORKOUT PLAN THAT DOES NOT TAKE INTO ACCOUNT PERFORMANCE REQUIREMENTS AND/OR WORK LOADS. CONSTANTLY MONITORING RECOVERY IS THE KEY TO ENSURING SUCCESS. IF YOU HAVE QUESTIONS, EMAIL INFO@VELOPROBASEBALLNJ.COM.

-PRE-THROWING TRAINING COMPONENT DESCRIPTION-

BEFORE EVERY THROW DAY, YOU WILL CONDUCT STEPS 1 - 3 (BELOW) **BEFORE** YOU START THE DAY'S THROWING REGIMEN. DO NOT SKIP, AS THIS IS A PORTION OF YOUR DAILY ROUTINE THAT GETS YOUR BODY AND ARM KINETICALLY SYNCED WITH MUSCULAR RESPONSE.

1. **ACTIVE BODY WARM UP** - CONDUCT AN ACTIVE BODY WARM UP. 5MIN OF AGILITY AND FLEX WARM UP, 5MIN OF STATIC STRETCHING OF BOTH UPPER AND LOWER HALF, AND 5MIN OF BAND WORK FOR YOUR SHOULDER AND SCAP LOAD. AGILITY AND FLEX WARM UP EXERCISES CAN INCLUDE HIGH KNEES, BOUNDERS, JOGGING, SIDE SHUFFLING,

ETC. BAND WORK NEEDS TO INCLUDE ROTATOR CUFF PROTRACTION, RETRACTION, AND SCAP LOAD DRILLS. ENSURE YOU ACTIVATE INTERNAL AND EXTERNAL ROMS FOR ALL CUFF MUSCLES - IN ALL BODY POSITIONS. FOR BAND WORK, FIND A PROGRAM THAT WORKS FOR YOU. THERE ARE MANY READILY AVAILABLE ON THE INTERNET THAT WILL SUFFICE.

2. **INTERVAL KCR WARM UP** - IT IS IMPORTANT TO GET YOUR ENTIRE BODY WORKING AS ONE UNIT TO SYNC YOUR KINETIC CHAIN REACTORS (KCR) - ONCE IT IS STRETCHED AND YOU HAVE BLOOD FLOW. TO DO THIS, DO ABOUT 5-8 SPRINTS AT 90' LENGTH. CONDUCT THEM AT 50%, 75%, AND 100% PEL.

3. **ACTIVE ARM WARM UP** - THROW AT AROUND 60 - 70 FEET AT 50% PEL TO WARM YOUR ARM UP **BEFORE** YOU START WITH ANY DAILY THROWING ROUTINES THAT WILL INCLUDE DELIVERY, VELOCITY, AND/OR PITCHING TRAINING COMPONENT(S). SEE BELOW FOR SPECIFIC ROUTINES.

-RUNNING AND RECOVERY TRAINING COMPONENT DESCRIPTION-

IMMEDIATELY AFTER YOU FINISH YOUR THROWING, DO YOUR CARDIO COOL DOWN. EACH DAY WILL PROVIDE A FEW CARDIO CONDITIONING OPTIONS (CHOOSE ONE ONLY). IF YOU ARE PITCHING IN A GAME - **THE DAY BEFORE**, YOU SHOULD DO EIGHT 130' LONG SPRINTS AT 100% PEL AFTER YOUR THROWING ROUTINE. DISREGARD ANY REQUIRED DAILY PROGRAM RUNNING. THEN START ON DAY 1 (THE DAY AFTER YOU PITCH IN A GAME).

THERE WILL BE SOME ADAPTATIONS TO THIS RUNNING PROGRAM - BASED UPON GAME FREQUENCY. JUST MAKE SURE YOU ARE RECOVERING ENOUGH TO BE "FRESH" FOR YOUR GAME APPEARANCES OR THROWING REGIMENS. CONDUCT ALL RUNNING **AFTER** YOUR DAY'S THROWING. DO NOT DO IT BEFOREHAND. ADDITIONALLY, ALL BELOW RUNNING ROUTINES ARE TO BE CONDUCTED ON THE WARNING TRACK OF A AGE SPECIFIC REGULATION SIZED BASEBALL FIELD. IF YOU DO NOT HAVE ACCESS TO A FIELD, USE THE LAST OPTION WITHIN EACH DAY'S RUNNING ROUTINE.

FOR CUFF BAND WORK, THERE ARE MANY POPULAR PROGRAMS AVAILABLE. JAEGER SPORTS HAS A GREAT SEQUENCE AND WE HIGHLY RECOMMEND ITS USAGE. MOST IMPLEMENT THE SAME EXERCISES AND APPLICATION COMPONENTS. FIND ONE THAT SUITS YOUR NEEDS.

POST COOL DOWN AFTER A GAME APPEARANCE:

12MIN ON A TREADMILL OR GENERAL RUNNING AT 50% PEL.

1. TREADMILL SHOULD BE AT A 7 SPEED WITH INCLINE OF ABOUT 3.
2. GENERAL RUNNING IS A JOG AT 50% PEL TO FLUSH YOUR SYSTEM.

3. FINISH OUT WITH CUFF BAND WORK.

DISTANCE FLUSH:

18MIN OF CONSTANT RUNNING AT 50% PEL.

1. CONSTANT RUNNING PROVIDES NO REST AND IS A FLUSH WITH LIMITED CARDIO INTENSITY.

SPRINT INTERVALS:

8X BOW AND ARROWS (60SEC REST BETWEEN REPS) OR 8 JSWS (NO REST).

1. BOW AND ARROWS ARE SPRINTS AT 100% PEL TO CENTERFIELD. JOG AT 80% PEL TO OPPOSITE FOUL LINE.

2. JSWS (JOG/SPRINT/WALK) IS JOG AT 80% PEL TO FIRST GAP, SPRINT AT 100% PEL TO OPPOSITE GAP. WALK TO FOUL LINE.

3. 10X 30/30/30S. SPRINT FOR 30SEC AT 100% PEL. JOG FOR 30SEC AT 80% PEL. WALK FOR 30SEC. NO REST BETWEEN.

LIGHT INTERVALS:

8X POLES OR CENTER AND GAPS AT 75% PEL.

1. POLES ARE A MEDIUM JOG FROM FOUL LINE TO FOUL LINE ON THE WARNING TRACK. REST 30SEC BETWEEN REPS.

2. CENTER AND GAPS ARE A MEDIUM SPRINT TO CENTERFIELD WALL, JOG TO GAP, WALK TO FOUL LINE. NO REST BETWEEN REPS.

3. 10X 45SEC MEDIUM JOGS WITH 30SEC REST BETWEEN REPS.

MEDIUM DISTANCE FLUSH:

12MIN FLUSH OR JOG AT 50% PEL OR 10MIN OF JUMP ROPE.

1. JOG FOR 15MIN ANYWHERE TO GET A FLUSH.

2. IN ADDITION TO JOG, DO 10MIN OF JUMP ROPE WITH A 90SEC ACTIVE / 30SEC RECOVERY RATIO.

AGILITY LADDERS:

15MIN OF ANY TYPE OF SPEED LADDER TRAINING OR SPRINT WORK AT 75% PEL.

1. SPEED LADDER TRAINING CAN UTILIZE ANY POPULARIZED AGILITY EXERCISE. 90SEC AT 75% PEL WITH 30SEC REST. 20MIN REGIMEN INCLUDES EXERCISES AND REST.

2. SPRINT WORK IS 75YD SPRINTS AT 75% PEL. REST FOR 30SEC IN BETWEEN SPRINTS.

-STRENGTH TRAINING COMPONENT DESCRIPTION-

ENSURE YOU HAVE OVERSIGHT FOR THIS PORTION OF THE PROGRAM. **FORM IS EVERYTHING.** IMPROPER FORM CAN LEAD TO INJURY AND A LACK OF PROPER STRENGTH DEVELOPMENT. IF YOU LACK EXPERIENCE IN STRENGTH TRAINING, WORKING WITH A CERTIFIED TRAINER IS HIGHLY RECOMMENDED. DO **NOT** USE WEIGHTS OR WEIGHTED IMPLEMENTS - AS THIS STRESSES THE SHOULDER JOINTS,

GROWING LIGAMENTS AND TENDONS, AND MUSCLE FIBERS. 13U PITCHERS MAY BE ABLE TO START TO INTRODUCE WEIGHTED LOADS, BUT CONSULT A CERTIFIED TRAINER BEFORE STARTING SUCH.

ALWAYS CONDUCT THIS PORTION OF THE PROGRAM **AFTER** YOU FINISH THROWING. IF YOU MUST STRENGTH TRAIN BEFORE THROWING, ALLOW FOR 60 -90MIN RECOVERY TIME BEFORE COMMENCING ANY TYPE OF THROWING. IF YOU HAVE A GAME, DO NOT STRENGTH TRAIN THAT DAY. IF YOU FEEL TOO MUCH SORENESS OR TIGHTNESS, CUT BACK ON YOUR DAY'S STRENGTH TRAINING TO ENSURE PROPER RECOVERY. YOU CAN UPLOAD ANY OF THE FOLLOWING REGIMENS WITH MORE REPS, HIGHER INTENSITY, MORE RESISTANCE, INCLINE OR DECLINE, MEDICINE BALLS, OR PHYSIOBALLS.

THERE IS NO REST IN BETWEEN REPS (UNLESS DENOTED). TAKE **ONLY** 15SEC BETWEEN REPS OR SETS TO GET SET UP AND READY FOR YOUR NEXT EXERCISE. THIS TYPE OF HIGH INTENSITY TRAINING INCREASES ENDURANCE, RECOVERY RATES, AND CARDIO FITNESS LEVELS. THIS IS A ACCEL/DECEL ROUTINE DEVELOPED BY TOP BASEBALL STRENGTH TRAINERS WHOM HAVE DECADES OF EXPERTISE AT THE MLB LEVELS. THIS "PUSH-TO-PULL" CIRCUIT TRAINING DEVELOPS ACCELERATORS (WHILE INDIRECTLY TRAINING DECELERATORS) - AND VICE VERSA. THIS BUILDS YOUR BODY AS ONE MOVING UNIT THAT CONNECTS YOUR ENTIRE KCR. SUCH ROUTINES ARE NOT READILY AVAILABLE TO THE GENERAL PUBLIC AND REQUIRE PROPER FORM, RECOVERY LEVELS, AND INTENSITY LEVELS TO ASCERTAIN.

CIRCUIT #1: LOWER HALF FUNCTIONAL STRENGTH CIRCUIT

USE BODY AS WEIGHT ONLY. UPLOAD WITH MEDICINE BALL IF DESIRED. 30SEC PER EXERCISE. 30SEC REST BETWEEN EXERCISES. REPEAT STEPS 1-9 THREE TIMES. AFTER YOU FINISH THIS CIRCUIT, DO YOUR CUFF STRENGTHENING.

1. **SQUATS.** 20REP MINIMUM.
2. **LOWER AB EXERCISE OF CHOICE.** 20REP MINIMUM.
3. **FORWARD ALTERNATING LUNGE.** 20REP MINIMUM.
4. **REGULAR AB EXERCISE OF CHOICE.** 20REP MINIMUM.
5. **BACKWARD ALTERNATING LUNGE.** 20REP MINIMUM.
6. **TWISTING AB EXERCISE OF CHOICE.** 20REP MINIMUM.
7. **ALTERNATING BOX STEP UPS.** 20REP MINIMUM.
8. **SIDE LUNGES.** 20REP MINIMUM.
9. **LOWER AB LEG LIFTING EXERCISE OF CHOICE.** 20REP MINIMUM.

CIRCUIT #2 LOWER HALF EXPLOSIVE STRENGTH CIRCUIT

8REPS PER EXERCISE. 60SEC REST BETWEEN EXERCISES. ONE SET EQUALS 8 TOTAL EXERCISES. DO 2 TOTAL SETS.

AFTER YOU FINISH THIS CIRCUIT. DO YOUR CUFF STRENGTHENING.

1. **FRONT CHOPS:** ABOVE HEAD TO BETWEEN LEGS. AS YOU CHOP MOVE INTO A BODY SQUATTING POSITION.

2. **DIAGONAL LEFT CHOPS:** ABOVE HEAD TO LEFT HIP. AS YOU CHOP, MOVE INTO A BODY SQUATTING POSITION.
3. **DIAGONAL RIGHT CHOPS:** ABOVE HEAD TO RIGHT HIP. AS YOU CHOP, MOVE INTO A BODY SQUATTING POSITION.
4. **LEFT LUNGE CHOPS:** START IN LEG KICK POSITION W/ MED BALL OVERHEAD. STRIDE OUT WITH LEFT LEG AND CHOP MED BALL DIAGONALLY. SPRING BACK UP AND REPEAT.
5. **RIGHT LUNGE CHOPS:** START IN LEG KICK POSITION W/ MED BALL OVERHEAD. STRIDE OUT WITH RIGHT LEG AND CHOP MED BALL DIAGONALLY. SPRING BACK UP AND REPEAT.
6. **RIGHT SIDE DIAGONAL WALL THROWS:** START IN SQUAT POSITION ABOUT 3' FROM WALL WITH MED BALL AT RIGHT HIP. THROW BALL INTO WALL. CATCH BOUNCE AND ABSORB ENERGY WITH A TWISTING ACTION OF HIPS. REPEAT.
7. **LEFT SIDE DIAGONAL WALL THROWS:** START IN SQUAT POSITION ABOUT 3' FROM WALL WITH MED BALL AT LEFT HIP. THROW BALL INTO WALL. CATCH BOUNCE AND ABSORB ENERGY WITH A TWISTING ACTION OF HIPS. REPEAT.
8. **MED BALL SLAMS:** START WITH MED BALL OVERHEAD. SLAM BALL INTO GROUND. CATCH THE BOUNCE UP AND REPEAT.

CIRCUIT #3: UPPER HALF STABILIZING LOAD CIRCUIT

30SEC PER EXERCISE. REST 30SEC BETWEEN EXERCISES. ONE SET EQUALS 5 TOTAL EXERCISES. DO 2 TOTAL SETS.

AFTER YOU FINISH THIS CIRCUIT, DO YOUR CUFF STRENGTHENING.

1. **WALL BOUNCES:** STAND 3' FROM WALL W/ MED BALL OVERHEAD. FEET ARE SHOULDER WIDTH APART. BOUNCE BALL AGAINST WALL ON FINGERTIPS. LIMIT FOREARM ABSORPTION RATE. WORKS FINGER AND WRIST STRENGTH. 20BOUNCE MINIMUM.
2. **CHEST PASSES:** STAND 3' FROM WALL W/ MED BALL AT CHEST IN A SQUAT POSITION. BOUNCE BALL AGAINST WALL AND ABSORB WITH FOREARMS. ELBOWS SHOULD STAY STATIONARY. WORKS FINGER AND TRICEP STRENGTH. 20PASS MINIMUM.
3. **OVERHEAD THROWS:** STAND 3' FROM WALL W/ MED BALL OVERHEAD IN STRIDE POSITION. BOUNCE BALL AGAINST WALL AND ABSORB WITH ENTIRE ARM - MOVING SHOULDERS AND SCAPULA WITH A SLIGHT BEND IN ELBOWS. WORKS SHOULDER AND SCAPULA LOAD. 20THROW MIN.
4. **LEFT SIDE STRIDER THROWS:** STAND 5' FROM WALL W/ MED BALL OVERHEAD IN LEG KICK POSITION. STRIDE OUT LIKE YOU WOULD PITCHING AND THROW BALL AGAINST WALL. NO BOUNCE ABSORPTION. PICK BALL UP AND REPEAT. 20THROW MINIMUM.
5. **RIGHT SIDE STRIDER THROWS:** STAND 5' FROM WALL W/ MED BALL OVERHEAD IN LEG KICK POSITION. STRIDE OUT LIKE YOU WOULD PITCHING AND THROW BALL AGAINST WALL. NO BOUNCE ABSORPTION. PICK BALL UP AND REPEAT. 20THROW MINIMUM.

CIRCUIT #4: UPPER HALF ACCEL/DECEL PERFORMANCE STENGTH CIRCUIT
8REPS PER EXERCISE. DO SETS 1-4 ONE TIME ONLY. NO REST. AFTER YOU FINISH THIS CIRCUIT, DO YOUR CUFF STRENGTHENING.

IN BETWEEN EACH EXERCISE, DO AN AB EXERCISE OF CHOICE. TRAIN ALL QUADRANTS OF YOUR AB MUSCLE GROUP BY USING TWISTING, LOWER, MIDDLE, AND UPPER AB STRENGTHENING EXERCISES. CONCENTRATE MAINLY UPON TWISTING AND LOWER AB QUADRANTS.

SET 1:

- 1. REGULAR PUSH UP.**
- 2. MEDICINE BALL HORIZONTAL TWISTS.** TWIST MED BALL IN AN ARC PATTERN THAT IS WIDE FROM BODY. 10XPER SIDE.
- 3. RESISTANCE BAND BUNGEE BICEP CURL.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 4. RESISTANCE BAND OVERHEAD TRICEP PRESS.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 5. RESISTANCE BAND SIDE SHOULDER LIFT.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 6. 60SEC OF SKATERS OR SLIDE BOARD.** REST 2MIN FOR RECOVERY BEFORE STARTING SET #2.

SET 2:

- 1. PUSH UP W/ ONE HAND ON MED BALL.** 5X ON RIGHT HAND, 5X ON LEFT HAND.
- 2. PHYSIOBALL KNEE TUCKS.** PLACE FEET ON PHYSIOBALL IN A PUSH UP POSITION. TUCK KNEES TO CHEST. MAINTAIN SCAP LOAD/UNLOAD.
- 3. RESISTANCE BAND BUNGEE BICEP CURL.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 4. RESISTANCE BAND OVERHEAD TRICEP PRESS.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 5. RESISTANCE BAND FRONT SHOULDER LIFT.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 6. 90SEC OF JUMP ROPE.** REST 2MIN FOR RECOVERY BEFORE STARTING SET #3.

SET 3:

- 1. EXPLOSION PUSH UP.** DO REGULAR PUSH UP AND EXPLODE UP W/ HANDS OFF GROUND. LAND IN "ABSORBING" MOTION. DO NOT LOCK ELBOWS WHEN LANDING.
- 2. ONE HANDED BENCH ROWING BACK EXERCISE WITH RESISTANCE BANDS.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 3. RESISTANCE BAND FLAT LYING TRICEP PRESS.** LAY FLAT ON BENCH AND DO TRICEP PRESS. KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 4. HORIZONTAL TWO HANDED PLANK TOUCHES.** MAINTAIN PLANK AND ALTERNATE MOVING HAND PLACEMENT OUTWARDS TO INWARDS.
- 5. VERTICAL ONE HANDED PLANK TOUCHES.** MAINTAIN PLANK AND ALTERNATE MOVING EACH INDIVIDUAL HAND IN A VERTICAL PATTERN.

6. 60SEC OF HIGH KNEES, WALL CLIMBERS, OR BURPIES (CHOOSE ONE). REST 2MIN BEFORE STARTING SET #4.

SET 4:

- 1. RETRACTION WRIST EXERCISE OF CHOICE.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 2. STATIC PLANK EXERCISE OF CHOICE.** PLANK EXERCISES REQUIRE YOU TO MAINTAIN A STATIC PLANKING POSITION IN A SCAP LOAD.
- 3. PROTRACTION WRIST EXERCISE OF CHOICE.** KEEP RESISTANCE ON BUNGEE THROUGHOUT ENTIRE ROM.
- 4. PLANK WITH SCAP LOAD/UNLOAD EXERCISE OF CHOICE.**
- 5. TWISTING WRIST EXERCISE OF CHOICE.** RETRACT WRIST AND TWIST. PROTRACT WRIST AND REPEAT. RESISTANCE BANDS ONLY.
- 6. 90SEC OF JUMP ROPE.**

CIRCUIT #5: LOWER HALF ACCEL/DECEL PERFORMANCE STRENGTH CIRCUIT

10REPS PER EXERCISE. REPEAT SETS 1-4 TWO TIMES. NO REST. AFTER YOU FINISH THIS CIRCUIT, DO YOUR CUFF STRENGTHENING.

IN BETWEEN EACH EXERCISE, DO AN AB EXERCISE OF CHOICE. TRAIN ALL QUADRANTS OF YOUR AB MUSCLE GROUP BY USING TWISTING, LOWER, MIDDLE, AND UPPER AB STRENGTHENING EXERCISES. CONCENTRATE MAINLY UPON TWISTING AND LOWER AB QUADRANTS.

SET #1:

- 1. BODY WIDTH FOOT PLACEMENT SQUAT EXERCISE OF CHOICE (REGULAR).** BODY WEIGHT ONLY.
- 2. FORWARD LUNGE WITH OVERHEAD MEDICINE BALL CHOP.** ARCH BACK AT BOTTOM OF LUNGE. ALTERNATE FEET. BODY WEIGHT ONLY.
- 3. JUMP SQUAT WITH BODY WEIGHT ONLY.** LAND THROUGH HEELS.
- 4. BACKWARD LUNGE WITH REVERSE OVERHEAD MEDICINE BALL CHOP.** ARCH BACK AT BOTTOM OF LUNGE. ALTERNATE FEET. BODY WEIGHT.
- 5. SCISSORS JUMPING LUNGES WITH MEDICINE BALL OVERHEAD.** NO CHOPPING ACTION (STATIC POSITION WITH MED BALL). REST 2MIN BEFORE STARTING SET #2.

SET #2:

- 1. STAGGERED SQUAT.** BODY WEIGHT ONLY.
- 2. FORWARD LUNGE WITH A TWIST.** ARCH BACK AT BOTTOM OF LUNGE. BODY WEIGHT ONLY.
- 3. BUDDHA SQUAT.** CHANGE FOOT POSITIONING AFTER 5 REPS. BODY WEIGHT ONLY.
- 4. BACKWARD LUNGE WITH A TWIST.** ARCH BACK AT BOTTOM OF LUNGE. ALTERNATE FEET. BODY WEIGHT ONLY.
- 5. SKATERS FOR 60SEC.** REST 2MIN BEFORE STARTING SET #3.

SET #3:

1. **BURPEES WITH A JUMP AND HIGH KNEES AT TOP OF JUMP FOR 30SEC.** DO THEM AS FAST AS YOU CAN. 30SEC RECOVERY.
2. **ROCK CLIMBERS FOR 30SEC.** DO THEM AS FAST AS YOU CAN. 30SEC RECOVERY.
3. **FORWARD TO BACKWARD LUNGE ON RIGHT LEG.** 20SEC. DO THEM AS FAST AS YOU CAN. 30SEC RECOVERY.
4. **FORWARD TO BACKWARD LUNGE ON LEFT LEG.** 20SEC. DO THEM AS FAST AS YOU CAN. 30SEC RECOVERY.
5. **ONE LEGGED STEP UPS FOR 20SEC (LEFT LEG ONLY).** DO THEM AS FAST AS YOU CAN. 30SEC RECOVERY.
6. **ONE LEGGED STEP UPS FOR 20SEC (RIGHT LEG ONLY).** DO THEM AS FAST AS YOU CAN. 30SEC RECOVERY.

-DAILY THROWING, RUNNING, AND STRENGTH ROUTINE-

THERE ARE THREE TYPES OF THROWING COMPONENTS (**DELIVERY, VELOCITY, AND PITCHING** - DESCRIBED ABOVE) YOU WILL UTILIZE IN THIS THROWING PROGRAM THAT DEVELOP (1) PITCHING ABILITIES THAT COMPETE FOR THE WIN AND (2) VELOCITY THAT ENHANCES YOUR ABILITY TO WIN. EACH TYPE OF THROWING COMPONENT IS DENOTED WITHIN THE PROGRAM'S DAILY THROWING REGIMENS.

ENSURE YOUR RECOVERY IS PEAKED. IF YOU CANNOT FINISH OUT THE DAY'S THROWING REQUIREMENTS, CUT BACK AND RE-EVALUATE TO ENSURE PROPER RECOVERY. "RECOVERY" IS DEFINED AS YOUR ARM FEELING FRESH THE NEXT DAY. SOME DAYS, YOU WILL FEEL A BIT TIRED OR SORE. CUT BACK ON THAT DAY'S THROWING TO ENSURE YOUR FOLLOWING DAY'S THROWING IS NOT EFFECTED. ADDITIONALLY, TO AID IN RECOVERY - ICE OR DO THERAPY ONLY **AFTER** YOU HAVE FINISHED OUT YOUR RUNNING AND LIFTING FOR THAT DAY. MONITORING YOUR RECOVERY RATES IS HOW YOU WILL DISCOVER AT WHAT LEVELS YOUR ARM CAN BE UTILIZED.

AGAIN, UNDERSTAND THAT THIS IS AN OFF SEASON THROWING PLAN, AND IS NOT TAKING INTO ACCOUNT PERFORMANCE WORK LOADS. ADDITIONALLY, THIS IS **NOT** A POST SURGERY THROWING PROGRAM. FOR SUCH, EMAIL INFO@VELOPROBASEBALLNJ.COM AND WE CAN GET YOU A PROGRAM TO USE.

1. *IF YOU ARE INDOORS AND DO NOT HAVE ACCESS TO THE DISTANCE RATINGS (FOR THROWS), SIMULATE BY THROWING HIGHER INTO NET AT A SPECIFIC TARGET. DO NOT JUST THROW BASEBALL INTO NET, BUT PICK OUT A SPECIFIC SPOT. ADDITIONALLY, RUN-AND-GUNS, PULLDOWNS, OR BALLISTIC STYLE THROWING IS **NOT** A TYPE OF THROWING THIS PROGRAM OR VELOPRO BASEBALL SUPPORTS WITH OUR HARNESS. ALL SUCH TYPES OF THROWING HAVE BEEN PROVEN (THROUGH OUR DATA AND INDEPENDANT RESEARCH STUDIES WE HAVE CONDUCTED) TO HAVE A NEGATIVE EFFECT UPON COMMAND AND PLANE FOR YOUNGER OR DEVELOPING ARMS. MILB AND MLB ARMS WERE NOT RESEARCHED.*

2. *WHETHER INDOORS OR OUTDOORS, DO NOT ALLOW YOUR THROWS TO REACH ABOVE 15'. IF YOU CANNOT MAKE THE DISTANCES (IN THE AIR), LET THE BASEBALL BOUNCE TO YOUR TARGET. ONCE YOUR LOWER HALF INCREASES ITS LINEAR DRIVE FORCE, GRF, AND LINEAR-TO-ROTATIONAL SYNC (THROUGH THE VL HARNESS), YOUR ARM SPEED WILL INCREASE - EFFECTIVELY CARRYING THE BASEBALL FURTHER AND ON TARGET. **THIS IS THE ESSENCE OF HEALTHY VELOCITY THAT WINS.***
3. *THE RECOVERY TIMES ARE IMPORTANT, AS THEY ARE DESIGNED TO GET YOUR ARM IN SHAPE QUICKER AND ALIGN WITH QUALITY INNINGS WORK LOADS. ALTHOUGH YOU MAY FEEL READY TO PROCEED ONTO THE NEXT EXERCISE, DRILL, OR SET, ADHERE TO THE ENTIRE RECOVERY LENGTH BEFORE MOVING ON.*

TIME LIMITS DENOTED FOR THROWING DURATIONS.

(BH) OR (FH) DENOTES BACK HIP OR FRONT HIP PLACEMENT OF VL HARNESS.

UNHOOKED MEANS TO UNHOOK BUNGEEES.

-WEEK 1 DAILY ROUTINE-

DELIVERY COMPONENT (BH). THROW 2 INSIDE / 2 OUTSIDE FB SEQUENCE FOR ALL DRILLS TO CATCHER ON FLAT:

MON, WED, FRI (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 1-3 @ 45' (DESCRIBED IN VIDEOS). 15X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT (BH). THROW TO OPPOSITE ARM SIDE AT ALL TIMES:

MON, WED, FRI (60sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

2MIN AT 70'. 80% PEL.

2MIN AT 80' W/ CROW HOP. 80% PEL.

2MIN AT 70'. 80% PEL.

PITCHING/VELOCITY COMPONENT:

N/A

RUNNING/RECOVERY COMPONENT:

Running plan listed above. Do arm care/recovery after throwing.

MON - DISTANCE.

WED - MEDIUM DISTANCE.

FRI - AGILITY LADDERS.

SAT - SPRINT INTERVALS.

STRENGTH COMPONENT:

Description of strength circuits listed above

MON - CIRCUIT #4

TUES - CIRCUIT #5

WED - CIRCUIT #2

FRI - CIRCUIT #1

SAT - CIRCUIT #3

-WEEK 2 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

MON, WED, FRI (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 1-3 @ AGE SPECIFIC MOUND DISTANCE (DESCRIBED IN VIDEOS). 15X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT (BH). THROW TO OPPOSITE ARM SIDE AT ALL TIMES:

MON, WED, FRI (60sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

2MIN AT 70'. 80% PEL.

2MIN AT 80'. 80% PEL.

90SEC AT 90' W/ CROW HOP. 80% PEL.

1MIN AT 80' W/ CROW HOP. 80% PEL. UNHOOKED.

1MIN AT 70'. 80% PEL. UNHOOKED.

PITCHING/VELOCITY COMPONENT:

N/A

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

MON - LIGHT INTERVAL

TUES - DISTANCE

WED - SPRINT INTERVALS

THURS - MEDIUM DISTANCE

FRI - LIGHT INTERVAL

SAT - AGILITY LADDERS

STRENGTH COMPONENT:

Description of strength circuits listed above.

SAME AS WEEK 1.

-WEEK 3 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

MON, TUES, THURS, FRI (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 4-6 @ AGE SPECIFIC MOUND DISTANCE (DESCRIBED IN VIDEOS). 10X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT (BH). THROW TO OPPOSITE ARM SIDE AT ALL TIMES.

MON, TUES, THURS, FRI (90sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

2MIN AT 70'. 80% PEL.

2MIN AT 90' W/ CROW HOP. 90% PEL.

90SEC AT 100' W/ CROW HOP. 90% PEL.

90SEC AT 90' W/ CROW HOP. 90% PEL. UNHOOKED.

1MIN AT 70'. 80% PEL. UNHOOKED.

PITCHING/VELOCITY COMPONENT:

N/A

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

MON - LIGHT INTERVAL

TUES - MEDIUM DISTANCE

WED - DISTANCE

THURS - SPRINT INTERVALS

FRI - SPRINT INTERVALS

SAT - DISTANCE

STRENGTH COMPONENT:

Description of strength circuits listed above.

MON - CIRCUIT #5

TUES - CIRCUIT #4

THURS - CIRCUIT #1

FRI - CIRCUIT #3

SAT - CIRCUIT #2

-WEEK 4 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

MON, TUES, THURS, FRI (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 4-6 @ AGE SPECIFIC MOUND DISTANCE (DESCRIBED IN VIDEOS). 10X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT (BH). THROW TO OPPOSITE ARM SIDE AT ALL TIMES:

MON, THURS (90sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

2MIN AT 80' W/ CROW HOP. 80% PEL.

2MIN AT 95' W/ CROW HOP. 90% PEL.

90SEC AT 110' W/ CROW HOP. 90% PEL.

90SEC AT 95' W/ CROW HOP. 90% PEL. UNHOOKED.

1MIN AT 80' W/ CROW HOP. 90% PEL. UNHOOKED.

PITCHING/VELOCITY COMPONENT (BH). ALTERNATE INSIDE/OUTSIDE:

TUES, FRI (2min rest between distance ratings):

VELOCITY LOAD AND COMMAND TRAINING

10 THROWS W/ CROW HOP @ 80'. 90% PEL.

10 THROWS W/ CROW HOP @ 100'. 90% PEL. LAST 5 THROWS AT 100% PEL.

10 THROWS W/ CROW HOP @ 80'. 90% PEL. LAST 5 THROWS AT 100% PEL. ALL THROWS ARE UNHOOKED.

12 PITCH FLAT GROUND BULLPEN AT 90% PEL. LAST 5 PITCHES ARE NOT HOOKED IN.

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

MON - SPRINT INTERVAL

TUES - MEDIUM DISTANCE

WED - DISTANCE

THURS - LIGHT INTERVAL

FRI - SPRINT INTERVAL

SAT - AGILITY LADDERS

STRENGTH COMPONENT:

Description of strength circuits listed above.

MON - CIRCUIT #5

TUES - CIRCUIT #4

THURS - CIRCUIT #5

FRI - CIRCUIT #3

SAT - CIRCUIT #1

-WEEK 5 DAILY ROUTINE-

DELIVERY COMPONENT (FH). SAME SEQUENCING:

MON, TUES, THURS, FRI (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 1-3 @ 60' (DESCRIBED IN VIDEOS). 10X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT (BH). THROW TO OPPOSITE ARM SIDE AT ALL TIMES:

MON, THURS (90sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

2MIN AT 90' W/ CROW HOP. 80% PEL.

2MIN AT 110' W/ CROW HOP. 100% PEL.

2MIN AT 125' W/ CROW HOP. 90% PEL.

90SEC AT 110' W/ CROW HOP. 90% PEL. UNHOOKED.

1MIN AT 90' W/ CROW HOP. 80% PEL. UNHOOKED.

PITCHING/VELOCITY COMPONENT (BH). ALTERNATE INSIDE/OUTSIDE:

TUES, FRI (2min rest between distance ratings):

MAX INTENT VELOCITY LOAD AND COMMAND TRAINING

10 THROWS W/ CROW HOP @ 90'. 90% PEL.

12 THROWS W/ CROW HOP @ 100'. 100% PEL.

12 THROWS W/ CROW HOP @ 110'. 100% PEL.

10 THROWS W/ CROW HOP @ 90'. 90% PEL. UNHOOKED.

15 PITCH FLAT GROUND BULLPEN AT 90% PEL. LAST 5 PITCHES ARE NOT HOOKED IN.
ALL FASTBALLS.

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

MON - SPRINT INTERVAL

TUES - MEDIUM DISTANCE

WED - DISTANCE

THURS - LIGHT INTERVAL

FRI - SPRINT INTERVALS

SAT - AGILITY LADDERS

STRENGTH COMPONENT:

Description of strength circuits listed above.

SAME AS WEEK 4.

-WEEK 6 DAILY ROUTINE-

DELIVERY COMPONENT (FH). SAME SEQUENCING:

MON, TUES, THURS, FRI, SUN (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 4-6 @ 60' (DESCRIBED IN VIDEOS). 8X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT. THROW TO OPPOSITE ARM SIDE AT ALL TIMES. HARNESS PLACEMENT DENOTED BELOW:

MON, THURS (90sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

60SEC AT 100' W/ CROW HOP. 80% PEL. (BH)

90SEC AT 115' W/ CROW HOP. 90% PEL. (FH)

90SEC AT 125' W/ CROW HOP. 90% PEL. (BH)

90SEC AT 140' W/ CROW HOP. 90% PEL. (FH)

90SEC AT 115' W/ CROW HOP. 100% PEL. UNHOOKED

60SEC AT 100' W/ CROW HOP. 80% - 90% PEL (DEPENDING UPON ARM CONDITIONING). UNHOOKED

PITCHING/VELOCITY COMPONENT. ALTERNATE INSIDE/OUTSIDE ON FB ONLY:

TUES, FRI (2min rest between distance ratings):

MAX INTENT VELOCITY LOAD AND COMMAND TRAINING

10 THROWS W/ CROW HOP @ 80'. 100% PEL. (BH)

12 THROWS W/ CROW HOP @ 100'. 100% PEL. (BH)

10 THROWS W/ CROW HOP @ 80'. 100% PEL. UNHOOKED

20 PITCH FLAT GROUND BULLPEN AT 90% PEL. PITCHES 1-10 (BH). PITCHES 11-20 (FH).

PITCHES 21-25 (UNHOOKED). ALL FASTBALLS.

SUN (2min rest between distance ratings):

VELOCITY FLUSH AND OFF SPEED PITCH DEVELOPMENT

90SEC AT 70' W/ CROW HOP THROWING CH. (3 BREAKING PITCHES TO 3 FBS). 80% PEL. (BH)

90SEC AT 70' W/ CROW HOP THROWING BREAKING PITCHES (3 BREAKING PITCHES TO 3 FBS).

80% PEL. (BH)

1MIN AT 60' W/ PITCHING DELIVERY THROWING CH (ALTERNATE CH/FB). 80% PEL. (BH)

1MIN AT 60' W/ PITCHING DELIVERY THROWING BREAKING PITCHES (ALTERNATE BB/FB). 80% PEL. (BH)

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

MON - SPRINT INTERVAL

TUES - AGILITY LADDER

WED - DISTANCE

THURS - SPRINT INTERVAL

FRI - LIGHT INTERVAL
SAT - MEDIUM DISTANCE

STRENGTH COMPONENT:

Description of strength circuits listed above.

MON - CIRCUIT #5

TUES - CIRCUIT #4

THURS - CIRCUIT #2

FRI - CIRCUIT #3

SUN - AN AB ROUTINE OF YOUR CHOICE. 15REPS PER EXERCISE. 30SEC REST BETWEEN EXERCISES. 10 TOTAL EXERCISES. DO BAND WORK AFTERWARDS FOR A FLUSH - NOT TO BUILD STRENGTH.

-WEEK 7 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

TUES, WED, FRI, SAT, SUN (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 1-3 @ 60' (DESCRIBED IN VIDEOS). 8X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT. THROW TO OPPOSITE ARM SIDE AT ALL TIMES. HARNESS PLACEMENT DENOTED BELOW:

TUES, FRI (90sec rest between distance ratings):

ARM SPEED ROM AND SCAP LOAD/UNLOAD TRAINING

60SEC AT 110' W/ CROW HOP. 80% PEL. (BH)

90SEC AT 125' W/ CROW HOP. 90% PEL. (FH)

90SEC AT 140' W/ CROW HOP (ON LINE WITH ONE BOUNCE TO TARGET). 90% PEL. (BH)

90SEC AT 140' W/ CROW HOP (ON LINE WITH ONE BOUNCE TO TARGET). 90% PEL (FH)

90SEC AT 125' W/ CROW HOP. 90% PEL. UNHOOKED

60SEC AT 110' W/ CROW HOP. 80% - 90% PEL (DEPENDING UPON ARM CONDITIONG). UNHOOKED.

PITCHING/VELOCITY COMPONENT. ALTERNATE INSIDE/OUTSIDE ON FB ONLY:

WED, SAT (90sec rest between distance ratings):

MAX INTENT VELOCITY LOAD AND COMMAND TRAINING

10 THROWS W/ CROW HOP @ 90'. 100% PEL. (BH)

12 THROWS W/ CROW HOP @ 100'. 100% PEL (FH)

10 THROWS W/ CROW HOP @ 125'. 100% PEL. UNHOOKED.

10 THROWS W/ CROW HOP @ 90' ALTERNATING 2CH/2FB/2BB/2FB. (BH)

12 PITCH BULLPEN OFF MOUND AT 85% PEL. PITCHES 1-10 (BH). PITCHES 11-15 (UNHOOKED). ALL FASTBALLS.

SUN (Constant throwing):

ARM FLUSH TRAINING

5MIN OF LIGHT THROWING AT 50 - 70% PEL. NO OFF SPEEDS AND NO HARNESS. GET FLUSH

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

TUES - SPRINT INTERVALS

WED - LIGHT INTERVALS

THURS - DISTANCE

FRI - AGILITY LADDERS

SAT - LIGHT INTERVALS

SUN - MEDIUM DISTANCE

STRENGTH COMPONENT:

Description of strength circuits listed above.

TUES - CIRCUIT #5

WED - CIRCUIT #4

FRI - CIRCUIT #1

SAT - CIRCUIT #3

SUN - CIRCUIT #2

-WEEK 8 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

TUES, WED, FRI, SAT, SUN (60SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 4-6 @ 60' (DESCRIBED IN VIDEOS). 8X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT: =. ALTERNATE INSIDE/OUTSIDE:

SAME AS WEEK 7.

PITCHING/VELOCITY COMPONENT ALTERNATE INSIDE/OUTSIDE:

SAME AS WEEK 7, EXCEPT:

1. BUMP BULLPEN TO 18 PITCHES WITH OFF SPEEDS MIXED IN (ONLY THROW CH).
ALTERNATE 3FB / 2CH.

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

SAME AS WEEK 7.

STRENGTH COMPONENT:

Description of strength circuits listed above.

SAME AS WEEK 7.

-WEEK 9 DAILY ROUTINE-

DELIVERY COMPONENT (FH). SAME SEQUENCING:

TUES, WED, FRI, SAT, SUN (30SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 1-3 @ 60' (DESCRIBED IN VIDEOS). 6X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT. ALTERNATE INSIDE/OUTSIDE ON FB ONLY. HARNESS PLACEMENT DENOTED BELOW:

TUES, FRI (90sec rest between distance ratings):

ARM SPEED ROM, SCAP LOAD/UNLOAD, AND COMMAND TRAINING

60SEC AT 110' W/ CROW HOP. 90% PEL. (BH)

90SEC AT 150' W/ CROW HOP. 90% PEL. (BH) LAST 25SEC UNHOOKED.

90SEC AT 110' W/ CROW HOP. 90% PEL. UNHOOKED.

60SEC AT 80' W/ CROW HOP. 90% PEL. MIX IN CH. (BH)

8 PITCH FLATGROUND BULLPEN. 90% PEL. 2FB/1BB INTERVALS. (BH) LAST 4 PITCHES UNHOOKED.

25 PITCH BULLPEN OFF MOUND. @ 90% PEL. (BH) LAST 10 PITCHES UNHOOKED.

5FB INSIDE / 5FB OUTSIDE / 3CH / 2FB INSIDE / 3BB / 2FB OUTSIDE / 2FB ALTERNATE / 1 CH / 1BB / 1FB.

PITCHING/VELOCITY COMPONENT. ALTERNATE INSIDE/OUTSIDE ON FB ONLY:

WED, SAT (2min rest between distance ratings):

MEDIUM VELOCITY FLUSH AND OFF SPEED PITCH DEVELOPMENT

2MIN AT 90' W/ CROW HOP. 80% PEL. (FH)

1MIN AT 100' W/ CROW HOP. 80% PEL. UNHOOKED.

2MIN AT PITCHING DISTANCE ON FLAT WORKING ON BB. 80% PEL. (FH)

SUN (2min rest between distance ratings):

MAX INTENT VELOCITY LOAD TRAINING

60SEC AT 110' W/ CROW HOP. 100% PEL. (FH)

90SEC AT 130' W/ CROW HOP. 100% PEL. ON A LINE W/ A BOUNCE. (BH)

90SEC AT 130' W/ CROW HOP. 100% PEL. ON A LINE. (FH)

60SEC AT 100' W/ CROW HOP. 100% PEL. UNHOOKED

90SEC AT 60' W/ DELIVERY. 80% PEL. UNHOOKED. ALTERNATE INSIDE/OUTSIDE

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

TUES - LIGHT INTERVAL

WED - SPRINT INTERVAL

THURS - DISTANCE

FRI - AGILITY LADDERS

SAT - LIGHT INTERVAL

SUN - MEDIUM DISTANCE

STRENGTH COMPONENT:

Description of strength circuits listed above.

TUES - CIRCUIT #5

WED - CIRCUIT #4

THURS - CIRCUIT #2

FRI - CIRCUIT #3

SUN - CIRCUIT #1

-WEEK 10 DAILY ROUTINE-

DELIVERY COMPONENT (FH). SAME SEQUENCING:

TUES, WED, FRI, SAT, SUN (30SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 4-6 @ 60' (DESCRIBED IN VIDEOS). 6X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT. ALTERNATE INSIDE/OUTSIDE:

SAME AS WEEK 9 EXCEPT:

1. BUMP BULLPEN UP TO 28 PITCHES.

PITCHING/VELOCITY COMPONENT. ALTERNATE INSIDE/OUTSIDE:

SAME AS WEEK 9.

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

SAME AS WEEK 9.

STRENGTH COMPONENT:

Description of strength circuits listed above.

SAME AS WEEK 9.

-WEEK 11 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

TUES, WED, FRI, SAT, SUN (30SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 1-3 @ 60' (DESCRIBED IN VIDEOS). 6X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT. ALTERNATE INSIDE/OUTSIDE:

SAME AS WEEK 10 EXCEPT:

NO FLAT GROUND BULLPEN.

CUT OUT 150' DISTANCE THROWING.

BUMP BULLPEN UP TO 35 PITCHES.

LOWER LONG TOSS THROWING TO 60SEC INCREMENTS W/ 60SEC REST IN BETWEEN EXERCISES.

PITCHING/VELOCITY COMPONENT. ALTERNATE INSIDE/OUTSIDE ON FB ONLY UNLESS DENOTED:

WED, SAT (2min rest between distance ratings):

VELOCITY FLUSH AND OFF SPEED PITCH DEVELOPMENT

2MIN AT 80' W/ CROW HOP. 80% PEL. (BH)

1MIN AT 110' W/ CROW HOP. 80% PEL. UNHOOKED

2MIN AT PITCHING DISTANCE ON FLAT WORKING 1BB / 2FB / 1CH. 80% PEL. (FH)

SUN (2min rest between distance ratings):

MAX INTENT VELOCITY LOAD TRAINING

90SEC AT 100' W/ CROW HOP. 100% PEL. (BH)

90SEC AT 125' W/ CROW HOP. 100% PEL ON A LINE WITH A BOUNCE. (FH)

90SEC AT 150' W/ CROW HOP. 90% PEL ON A LINE (NO BOUNCE). BH

90SEC AT 125' W/ CROW HOP. WORK IN CH. 100% PEL. UNHOOKED

30SEC AT 60' W/ DELIVERY. WORK BB/FB SEQUENCE (ALTERNATING 2FB / 1BB). 90% PEL. UNHOOKED.

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

SAME AS WEEK 7.

STRENGTH COMPONENT:

Description of strength circuits listed above.

SAME AS WEEK 7.

-WEEK 12 DAILY ROUTINE-

DELIVERY COMPONENT (BH). SAME SEQUENCING:

TUES, WED, FRI, SAT, SUN (30SEC REST BETWEEN DRILLS):

MOVEMENT / MECHANICAL EFFICIENCY TRAINING

DRILLS 4-6 @ 60' (DESCRIBED IN VIDEOS). 8X PER DRILL AT 80% PEL.

LONG TOSS COMPONENT. ALTERNATE INSIDE/OUTSIDE UNLESS DENOTED:

SAME AS WEEK 11 EXCEPT:

NO FLAT GROUND BULLPEN.

BUMP BULLPEN TO 40 PITCHES.

LOWER LONG TOSS THROWING TO 30SEC INCREMENTS W/ 30SEC REST IN BETWEEN EXERCISES.

PITCHING/VELOCITY COMPONENT. ALTERNATE INSIDE/OUTSIDE UNLESS DENOTED:

WED, SAT (2min rest between distance ratings):

VELOCITY FLUSH AND PITCH SEQUENCING TRAINING

2MIN AT 90' W/ CROW HOP. 80% PEL. (BH)

1MIN AT 80' W/ CROW HOP. 80% PEL. UNHOOKED

2MIN AT PITCHING DISTANCE ON FLAT WORKING 1BB / 2FB / 1CH. 80% PEL.

UNHOOKED

SUN (2min rest between distance ratings):

MAX INTENT VELOCITY LOAD TRAINING

90SEC AT 100' W/ CROW HOP. 90% PEL. (BH)

90SEC AT 125' W/ CROW HOP. 100% PEL ON A LINE. (FH)

90SEC AT 150' W/ CROW HOP. 100% ON A LINE. UNHOOKED

90SEC AT 125 W/ CROW HOP. WORK IN CH. 100% PEL. UNHOOKED

30SEC AT 60' W/ DELIVERY. WORK ALL PITCHES. 80% PEL. UNHOOKED FOR LAST 30SEC

RUNNING/RECOVERY COMPONENT:

Running plans listed above. Do arm care/recovery after throwing.

SAME AS WEEK 9.

STRENGTH COMPONENT:

Description of strength circuits listed above.

SAME AS WEEK 9.

**DEVELOPED FROM DATA AND ON FIELD PLAYING AND COACHING EXPERTISE GATHERED FROM MLB PITCHERS JIM PARQUE AND MIKE SIROTKA, NCAA PITCHING COACHES SEAN TAUNT AND BA GARNER, BIG LEAGUE EDGE PERFORMANCE BASEBALL, AND 2 UNIVERSITY*

BIOMECHANICAL AND KINESIOLOGY DEPARTMENTS. OVER 16 DIFFERENT INDEPENDANT STUDIES AND OVER 5000 PITCHERS (YOUTH TO MLB) WERE TESTED THROUGHOUT A 5 YEAR PERIOD.