

AGES 11u - 18u:

IN-SEASON VELOCITY AND PITCH-ING ENHANCEMENT PROGRAM

THE FOLLOWING IN SEASON VELOPRO PITCH-ING AND VELOCITY PROGRAM IS DESIGNED **SPECIFICALLY FOR USAGE WITH THE VL HARNESS**, AND IS INTENDED FOR AGES 11-18U WHOM ARE CURRENTLY IN THEIR SEASON (AGE SPECIFIC ROUTINES SPECIFIED BELOW). THERE ARE BIG DIFFERENCES BETWEEN "IN SEASON" AND "OFFSEASON" NEEDS FOR PITCHERS - ENSURING HEALTH, RECOVERY, AND PERFORMANCE NEEDS ARE MET.

USAGE WITHOUT THE VL HARNESS IS NOT RECOMMENDED, AS (1) SENSORY FEEDBACK, (2) MOVEMENT DEVELOPMENT, AND (3) INSUFFICIENT SUPPORT OF THE THROWING ARM AND SHOULDER WOULD NOT BE ASCERTAINED FOR THE WORK LOADS, TRAINING GOALS, AND/OR OVERSIGHT REQUIREMENTS SET FORTH BY THIS PROGRAM.

*USAGE OF ANY WEIGHTED IMPLEMENT WITH THIS PROGRAM IS NOT RECOMMENDED FOR YOUNGER AGED ATHLETES WHOSE BODIES ARE STILL DEVELOPING OR WHOM LACK PROPER FITNESS/STRENGTH LEVELS. SUCH USAGE OF THIS PROGRAM (**WITH WEIGHTED IMPLEMENTS**) WILL INCREASE STRESS LOADS UPON (1) JOINTS, (2) TENDONS AND LIGAMENTS, (3) RECOVERY RATES, AND (4) MUSCULAR RESPONSE TO LEVELS NOT CONDUCIVE FOR PERFORMANCE AND RECOVERY. THIS CAN HAVE EXTREME NEGATIVE EFFECTS UPON HEALTH OF BOTH THROWING SHOULDER AND/OR ELBOW. **THIS INCLUDES WEIGHTED BASEBALLS.***

MAINTAINS PITCHING SKILL SETS AND FOCUSES UPON DELIVERY AND COMMAND EFFICIENCY. **THIS IS NOT A VELOCITY PROGRAM, AS SUCH SHOULD BE UTILIZED WHEN PERFORMANCE STRESS LOADS ARE AT A MINIMUM (DURING OFF SEASON).** OVER 5 YEARS OF ANALYTICAL PITCHING DATA AND RESEARCH (FROM THE UNIVERSITY, LAB, AND ON FIELD PERSPECTIVES) SUPPORT THIS PROGRAM AND ITS USAGE. DATA IS **INDEPENDANT** OF VELOPRO BASEBALL, WHICH IS HIGHLY IMPORTANT TO THE ACCOUNTABILITY AND INTEGRITY OF THIS PROGRAM.

RECOMMENDED FOR:

*1. **AGES 11-18U PITCHERS** WHOM ARE CURRENTLY IN A SEASON OR WILL START THEIR SEASON. TAKES INTO CONSIDERATION PERFORMANCE AND TRAINING RATIOS THAT REQUIRE A CONSTANT RE-EVALUATE OF RECOVERY RATES. SLOW IMPLEMENTATION OF MOVEMENT ENHANCEMENTS (FROM VL HARNESS) ADHERE TO PERFORMANCE REQUIREMENTS OF SEASON - ENSURING MINIMAL LEARNING CURVE VARIATIONS. STRENGTH AND THROWING WORK LOADS CORRELATE TO GAME APPEARANCES. ENSURE YOU ARE IN GOOD HEALTH BEFORE STARTING THIS PROGRAM. MAKE SURE YOU DO NOT USE VL HARNESS IN ANY PRE-GAME BULLPEN. USE VL HARNESS ONLY AS SPECIFICIED.*

THE DIFFERENT ASPECTS OF THE PROGRAM ARE DESCRIBED BELOW - WITH THE ACTUAL DAILY THROWING, LIFTING, RUNNING, AND RECOVERY ROUTINES LISTED UNDER "DAILY WORKOUT ROUTINE". 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 OR DISTANCE RATING PER TRAINING SECTION OF EACH DAY'S THROWING ROUTINE. 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) OR FATIGUE IN GAME. 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 SIMILAR 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 OR INTO THIS, OR NEXT DAY'S THROWING ROUTINE WILL SUFFER.
7. BUILD AND PLATEAU YOUR THROWING FREQUENCY AND REPS TO MAXIMIZE RECOVERY RATES (AS DIRECTED BY PROGRAM ROUTINES DESCRIBED BELOW). IT WILL TAKE ABOUT A MONTH TO FULLY UNDERSTAND HOW YOUR ARM AND BODY ARE RESPONDING TO THE ROUTINES.
8. ADHERE TO ALL REST REQUIREMENT(S) BETWEEN DRILLS, EXERCISES, OR SETS - EVEN IF YOU FEEL YOU ARE RECOVERED.

THIS IS AN **IN-SEASON** PITCHING **MAINTENANCE** PROGRAM - TAKING INTO ACCOUNT PERFORMANCE WORK/STRESS LOADS. IF YOU ARE CURRENTLY OUT-OF-SEASON, DO NOT USE THIS PROGRAM. USE ONE OF THE ABOVE OFF SEASON PROGRAMS. VELOCITY OR WORK LOAD PROGRAMS SHOULD BE RESERVED FOR WHEN YOU ARE NOT COMPETING CONSISTENTLY.

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). THE PROGRAM'S DAILY ROUTINES (LISTED BELOW) PUT TOGETHER ALL TRAINING COMPONENTS INTO AN "EASY TO USE" DAILY FORMAT THAT IS AGE SPECIFIC.

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.
5. **RUNNING/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.

IN SEASON VELOCITY AND PITCHING **PROGRAM***

THE FOLLOWING PROGRAM INCLUDES EVERY REQUIRED ASPECT OF PITCHING DEVELOPMENT DURING A SEASON. IT IS A GENERAL GUIDELINE THAT GIVES YOUR PITCHING CAREER A FULLY COMPREHENSIVE APPROACH TO WINNING ON THE MOUND. THIS IS AN IN SEASON WORKOUT PLAN THAT TAKES INTO ACCOUNT PERFORMANCE REQUIREMENTS AND WORK/STRESS 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 5-10 SPRINTS AT 90' LENGTH. CONDUCT THEM AT 50%, 75%, AND 100% PEL.

3. **ACTIVE ARM WARM UP** - THROW AT AROUND 60 - 80 FEET (HS) OR 50 - 70 FEET (AGES 11-13U) AT 50% PEL TO WARM YOUR ARM UP **BEFORE** YOU START WITH ANY DAILY THROWING, RUNNING, OR STRENGTH TRAINING 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 TEN 150' LONG SPRINTS AT 100% PEL (HS) OR 125' LONG SPRINTS AT 100% PEL (11 - 13U) 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 AN 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:

HS: 15MIN ON A TREADMILL OR GENERAL RUNNING AT 50% PEL.

AGES 11-13U: 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:

HS: 25MIN OF CONSTANT RUNNING AT 50% PEL.*

AGES 11-13U: 18MIN OF CONSTANT RUNNING AT 50% PEL.*

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

SPRINT INTERVALS:

HS: 10X BOW AND ARROWS (60SEC REST BETWEEN REPS) OR 10 JSWS (NO REST).

AGES 11-13U: 8X BOW AND ARROWS (60SEC REST BETWEEN REPS) OR 10 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. NO ACCESS: 10X 30/30/30S. SPRINT FOR 30SEC AT 100% PEL. JOG FOR 30SEC AT 80% PEL. WALK FOR 30SEC. NO REST BETWEEN.

LIGHT INTERVALS:

HS: 10X POLES OR CENTER AND GAPS AT 75% PEL.

AGES 11-13U: 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. NO ACCESS: 10X 45SEC MEDIUM JOGS WITH 30SEC REST BETWEEN REPS.

MEDIUM DISTANCE:

HS: 10MIN FLUSH JOG AT 50% PEL AND 6MIN OF JUMP ROPE.

AGES 11-13U: 8MIN FLUSH JOG AT 50% PEL AND 4MIN OF JUMP ROPE.

1. JOG ANYWHERE TO GET A FLUSH.

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

AGILITY LADDERS:

HS: 20MIN OF ANY TYPE OF SPEED LADDER TRAINING OR SPRINT WORK AT 75% PEL.

AGES 11-13U: 15MIN OF ANY TYPE OF SPEED LADDER TRAINING OR SPRING WORK AT 75% PEL.

1. SPEED LADDER TRAINING CAN UTILIZE ANY POPULARIZED AGILITY EXERCISE. 90SEC AT 75% PEL WITH 30SEC REST.

ENTIRE 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.

ALWAYS CONDUCT THIS PORTION OF THE PROGRAM **AFTER** YOU FINISH THROWING. IF YOU MUST LIFT BEFORE THROWING, ALLOW FOR 60MIN 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 WEIGHT, INCLINE OR DECLINE, AND/OR WEIGHTED VESTS, MEDICINE BALLS, OR PHYSIOBALLS. YOUNGER ATHLETES SHOULD NOT UTILIZE ANY WEIGHTED APPAREL OR WEIGHTS.

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 (UNLESS DENOTED). THIS TYPE OF HIGH INTENSITY TRAINING INCREASES ENDURANCE, RECOVERY RATES, AND CARDIO FITNESS LEVELS. THIS IS AN ACCEL/DECEL ROUTINE DEVELOPED BY TOP BASEBALL STRENGTH TRAINERS WHOM HAVE DECADES OF EXPERTISE AT THE MLB LEVELS. AN ACCEL/DECEL STRENGTH ROUTINE TRAINS THE ACCELERATOR (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

HIGH SCHOOL PITCHERS: USE BODY AS WEIGHT ONLY. UPLOAD WITH MEDICINE BALL IF DESIRED. 35SEC PER EXERCISE.

NO REST BETWEEN EXERCISES. REPEAT STEPS 1-9 THREE TIMES. AFTER YOU FINISH THIS CIRCUIT, DO CUFF STRENGTHENING.

AGES 11-13U: USE BODY AS WEIGHT ONLY. NO UPLOADING APPLICATIONS. 30SEC PER EXERCISE. NO REST BETWEEN. REPEAT STEPS 1-9 TWO TIMES. AFTER YOU FINISH CIRCUIT, DO CUFF STRENGTHENING.

1. **SQUATS.** 18REP MINIMUM.
2. **LOWER AB EXERCISE OF CHOICE.** 18REP MINIMUM.
3. **FORWARD ALTERNATING LUNGE.** 18REP MINIMUM.
4. **REGULAR AB EXERCISE OF CHOICE.** 18REP MINIMUM.
5. **BACKWARD ALTERNATING LUNGE.** 18REP MINIMUM.
6. **TWISTING AB EXERCISE OF CHOICE.** 18REP MINIMUM.
7. **ALTERNATING BOX STEP UPS.** 18REP MINIMUM.
8. **SIDE LUNGES.** 18REP MINIMUM.
9. **LOWER AB LEG LIFTING EXERCISE OF CHOICE.** 18REP MINIMUM.

CIRCUIT #2 LOWER HALF EXPLOSIVE STRENGTH CIRCUIT

HIGH SCHOOL PITCHERS: 8REPS PER EXERCISE. 8 TOTAL EXERCISES PER SET.

AFTER YOU FINISH CIRCUIT. DO CUFF STRENGTHENING. DO 1 SET TOTAL. UPLOAD WITH MEDICINE BALL IF DESIRED.

AGES 11-13U: 6REPS PER EXERCISE. ONE SET EQUALS 8 TOTAL EXERCISES.

AFTER YOU FINISH CIRCUIT, DO CUFF STRENGTHENING. DO 1 SET TOTAL. NO UPLOAD APPLICATIONS.

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

HIGH SCHOOL: 30SEC PER EXERCISE. ONE SET EQUALS 5 TOTAL EXERCISES.
AFTER YOU FINISH THIS CIRCUIT, DO CUFF STRENGTHENING. DO 2 SETS TOTAL.
AGES 11-13U: 25SEC PER EXERCISE. ONE SET EQUALS 5 TOTAL EXERCISES.
AFTER YOU FINISH THIS CIRCUIT, DO CUFF STRENGTHENING. DO 1 SET TOTAL.

- 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.
- 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.
- 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.
- 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.
- 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.

CIRCUIT #4: UPPER HALF ACCEL/DECEL PERFORMANCE STRENGTH CIRCUIT

HIGH SCHOOL: 8REPS PER EXERCISE. DO SETS 1-4 ONE TIME ONLY. AFTER YOU FINISH, DO CUFF STRENGTHENING.

AGES 11-13U: 6REPS PER EXERCISE. DO SETS 1-4 ONE TIME ONLY. AFTER YOU FINISH, DO 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. CAN UPLOAD WITH ANY LOAD APPLICATION (WEIGHTS, BANDS, PLATES, ETC). YOUNGER ATHLETES SHOULD NOT UTILIZE ANY UPLOAD APPLICATION(S) EXCEPT FOR PLANE CHANGE, MEDICINE BALL, RESISTANCE BAND(S), OR BODY WEIGHT.

SET 1:

- 1. FLAT CHEST EXERCISE OF CHOICE.** DUMBBELL PRESSES ONLY (HS). PUSH UP (AGES 11-13U).
- 2. OVERHEAD BACK PULLDOWN EXERCISE OF CHOICE.** MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).
- 3. DUMBBELL CURL BICEP EXERCISE OF CHOICE.** DUMBBELL (HS) OR RESISTANCE BANDS (AGES 11-13U). NO MACHINE.
- 4. FLAT PULLDOWN BAR TRICEP EXERCISE OF CHOICE.** MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).

5. **SIDE LIFT SHOULDER EXERCISE OF CHOICE.** DO NOT LIFT ABOVE SHOULDER LEVEL. DUMBBELLS (HS) OR RESISTANCE BANDS OR MEDICINE BALLS (AGES 11-13U).
6. **60SEC OF SKATERS OR SLIDE BOARD.** REST 90SEC (HS AND AGES 11-13U) FOR RECOVERY BEFORE STARTING SET #2.

SET 2:

1. **INCLINE CHEST EXERCISE OF CHOICE.** DUMBBELL PRESSES ONLY (HS). PUSH UP (AGES 11-13U).
2. **SITTING PULL/ROW BACK EXERCISE OF CHOICE.** MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).
3. **HAMMER CURL EXERCISE OF CHOICE.** DUMBBELL (HS) OR RESISTANCE BANDS (AGES 11-13U).
4. **ROPE PULLDOWN TRICEP EXERCISE OF CHOICE.** MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).
5. **FRONT LIFT SHOULDER EXERCISE OF CHOICE.** DO NOT LIFT ABOVE SHOULDER LEVEL. DUMBBELLS (HS) OR RESISTANCE BANDS OR MEDICINE BALLS (AGES 11-13U).
6. **90SEC OF JUMP ROPE.** REST 90SEC (HS) OR 60SEC (AGES 11-13U) FOR RECOVERY BEFORE STARTING SET #3.

SET 3:

1. **FLY CHEST EXERCISE OF CHOICE.** MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).
2. **ONE HANDED BENCH ROWING BACK EXERCISE OF CHOICE.** DO NOT GO DEEP ON YOUR FLY ROM. ON FLAT BENCH (HS) OR RESISTANCE BANDS BEND OVER (AGES 11-13U).
3. **PREACHER CURL EXERCISE OF CHOICE.** BARBELL (HS) OR RESISTANCE BANDS (AGES 11-13U).
4. **OVERHEAD TRICEP PRESS EXERCISE OF CHOICE.** MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).
5. **TRAP EXERCISE OF CHOICE.** DO NOT LIFT ABOVE SHOULDER LEVEL. MACHINE (HS) OR RESISTANCE BANDS (AGES 11-13U).
6. **60SEC OF HIGH KNEES, WALL CLIMBERS, OR BURPIES (CHOOSE ONE).** REST 90SEC (HS AND AGES 11-13U) BEFORE STARTING SET #4.

SET 4:

1. **RETRACTION WRIST EXERCISE OF CHOICE.** RESISTANCE BANDS ONLY FOR BOTH OLDER AND YOUNGER.
2. **STATIC PLANK EXERCISE OF CHOICE.** PLANK EXERCISES REQUIRE YOU TO MAINTAIN A STATIC PLANKING POSITION.
3. **PROTRACTION WRIST EXERCISE OF CHOICE.** RICE BUCKET OR ROPE TWIST FOR OLDER AND YOUNGER.
4. **PLANK WITH SCAP LOAD/UNLOAD EXERCISE OF CHOICE.**
5. **TWISTING WRIST EXERCISE OF CHOICE.** RESISTANCE BANDS ONLY FOR BOTH OLDER AND YOUNGER.
6. **90SEC OF JUMP ROPE.**

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

HIGH SCHOOL: 8REPS PER EXERCISE. REPEAT SETS 1-3 TWO TIMES. AFTER YOU FINISH, DO CUFF STRENGTHENING.

AGES 11-13U: 6REPS PER EXERCISE. REPEAT SETS 1-3 ONE TIME. AFTER YOU FINISH, DO 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. CAN UPLOAD BELOW EXERCISES WITH ANY LOAD APPLICATION (WEIGHTS, BANDS, RESISTANCE, ETC). YOUNGER ATHLETES SHOULD NOT

UTILIZE ANY UPLOAD APPLICATION(S) EXCEPT BODY WEIGHT, MEDICINE BALLS, RESISTANCE BAND(S), PLANE CHANGE, OR PLYOBXES.

SET #1:

1. **BODY WIDTH FOOT PLACEMENT SQUAT EXERCISE OF CHOICE (REGULAR).** NO WEIGHT FOR AGES 11-13U.
2. **FORWARD LUNGE WITH OVERHEAD MEDICINE BALL CHOP.** ARCH BACK AT BOTTOM OF LUNGE. ALTERNATE FEET.
3. **JUMP SQUAT WITH BODY WEIGHT ONLY.**
4. **BACKWARD LUNGE WITH REVERSE OVERHEAD MEDICINE BALL CHOP.** ARCH BACK AT BOTTOM OF LUNGE. ATLERNATE FEET.
5. **SCISSORS JUMPING LUNGES WITH MEDICINE BALL OVERHEAD.** NO CHOPPING ACTION (STATIC POSITION). REST 2MIN BEFORE STARTING SET #2.

SET #2:

1. **HACK SQUAT** ON MACHINE. AGES 11-13U USE BODY WEIGHT OR MEDICINE BALL FOR UPLOAD ONLY.
2. **FORWARD LUNGE WITH A TWIST.** ARCH BACK AT BOTTOM OF LUNGE. ALTERNATE FEET. BODY WEIGHT ONLY.
3. **SPLIT SQUAT.** NO MACHINE. 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. **BODY SQUATS FOR 30SEC.** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
2. **JUMP SQUATS FOR 30SEC.** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
3. **BURPEES WITH A JUMP AND HIGH KNEES AT TOP OF JUMP FOR 30SEC.** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
4. **ROCK CLIMBERS FOR 30SEC.** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
5. **FORWARD TO BACKWARD LUNGE ON RIGHT LEG FOR 20SEC.** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
6. **FORWARD TO BACKWARD LUNGE ON LEFT LEG FOR 20SEC.** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
7. **ONE LEGGED STEP UPS FOR 20SEC (LEFT LEG ONLY).** DO THEM AS FAST AS YOU CAN. 15SEC RECOVERY.
8. **ONE LEGGED STEP UPS FOR 20SEC (RIGHT LEG ONLY).** DO THEM AS FAST AS YOU CAN. 15SEC 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. ADDITIONALLY, DAILY RUNNING/RECOVERY AND STRENGTH ROUTINES ARE PROVIDED WITH EACH DAY'S THROWING ROUTINE. SUCH CORRELATE TO WORK/STRESS LOADS AND FUTURE OR PAST GAME APPEARANCES.

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.

THINGS TO CONSIDER WHEN IN SEASON:

- 1. **PERFORMANCE STRESS LOADS** - RATE OF RECOVERY AND ACTUAL GAME PERFORMANCE STRESS LOADS.*
- 2. **WORK LOADS** - RECOVERY RATES THAT ENSURE YOU CAN CONDUCT NEXT DAY'S THROWING ROUTINE, WHILE STAYING FRESH ENOUGH TO COMPETE IN A GAME.*
- 3. **GAME SCHEDULE** - APPS AND ACTUAL GAME PLAY (AT ANOTHER POSITION) WILL EFFECT YOUR RECOVERY/WORK LOAD RATIOS. CONSTANT MONITORING IS REQUIRED.*
- 4. **PROGRAM APPLICATION** - THIS PROGRAM IS AN OVERVIEW AND GENERAL GUIDELINE THAT LACKS OVERSIGHT. IT CAN BE ADJUSTED TO FIT YOUR SPECIFIC NEEDS AND PITCHING SITUATION, AS YOU MAY NOT HAVE ACCESS TO A SPECIFIED PITCHING SCHEDULE.*

AGAIN, UNDERSTAND THAT THIS IS AN IN SEASON THROWING PLAN THAT TAKES INTO ACCOUNT PERFORMANCE WORK LOADS. THIS IS **NOT** A VELOCITY BUILDING PROGRAM - AS SUCH SHOULD BE RESERVED FOR WHEN PERFORMANCE STRESS LOADS ARE AT A MINIMUM. 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 PEAK ARM 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.

(X) DENOTES A THROW OR PITCH.

**-#1: MORE THAN 3IP OR 30X, AND HAVE ATLEAST 2 DAYS OFF BEFORE
NEXT GAME-**

USAGE: TODAY IS MON. PITCHED YESTERDAY AND WILL NOT PITCH UNTIL WED.

APPLICATION: FOR MAX FLUSH/RECOVERY. RECOMMENDED FOR START OR LONG RELIEF APPS.

SCHEDULE: SEE BELOW FOR MORE DETAILED APPLICATIONS AND USAGES.

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

MOVEMENT / MECHANICAL EFFICIENCY TRAINING:

60SEC REST BETWEEN DRILLS FOR ALL AGES:

DRILLS 1-3 @ 5' SHORTER THAN AGE SPECIFIC PITCHING DISTANCE (DESCRIBED IN VIDEOS). 14X PER DRILL AT 80% PEL.

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

FLUSH/RECOVERY TRAINING:

NO REST. CONSTANT THROWING:

HIGH SCHOOL: 5MIN OUT TO 100' W/ CROW HOP AT 80% PEL. NO BB. CAN MIX CH. LAST 2MIN UNHOOKED.

AGES 11-13U: 4MIN OUT TO 80' W/ CROW HOP AT 80% PEL. NO BB. CAN MIX CH. LAST 2MIN UNHOOKED.

PITCHING/VELOCITY COMPONENT:

N/A

RUNNING/RECOVERY COMPONENT (RUNNING PLANS LISTED ABOVE. DO ARM CARE/RECOVERY AFTER THROWING):

CARDIO AND RECOVERY TRAINING:

DISTANCE FLUSH (HS AND AGES 11-13U).

STRENGTH COMPONENT (DESCRIPTION OF STRENGTH CIRCUITS LISTED ABOVE).

DECEL / ACCEL TRAINING:

CIRCUIT #5 (HS AND AGES 11-13U).

**-#2: LESS THAN 3IP OR 30X AND HAVE ATLEAST 2 DAYS OFF BEFORE
NEXT GAME-**

USAGE: TODAY IS MON. PITCHED YESTERDAY AND WILL NOT PITCH UNTIL WED.

APPLICATION: FOR MEDIUM FLUSH/RECOVERY. RECOMMENDED FOR RELIEF APPS.

SCHEDULE: SEE BELOW FOR MORE DETAILED APPLICATIONS AND USAGES.

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

MOVEMENT / MECHANICAL EFFICIENCY TRAINING:

60SEC REST BETWEEN DRILLS FOR ALL AGES.

DRILLS 1-3 @ 5' SHORTER THAN AGE SPECIFIC PITCHING DISTANCE (DESCRIBED IN VIDEOS). 14X PER DRILL AT 80% PEL.

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

FLUSH/RECOVERY TRAINING:

NO REST. CONSTANT THROWING.

HIGH SCHOOL: 4MIN OUT TO 100' W/ CROW HOP AT 80% PEL. NO BB. CAN MIX CH. LAST 2MIN UNHOOKED.

AGES 11-13U: 3MIN OUT TO 80' W/ CROW HOP AT 80% PEL. NO BB. CAN MIX CH. LAST 1MIN UNHOOKED.

PITCHING/VELOCITY COMPONENT (BH):

COMMAND TRAINING:

NO REST. CONSTANT THROWING.

HIGH SCHOOL: 12PITCH FLATGROUND BULLPEN @ 55'. 80% PEL. 2FB / 1CH SEQUENCE. LAST 4PITCHES UNHOOKED.

AGES 11-13U: 10PITCH FLATGROUND BULLPEN @ 5' LESS THAN MOUND DISTANCE. 80% PEL. 2FB / 1CH SEQUENCE. LAST 4 PITCHES UNHOOKED.

RUNNING/RECOVERY COMPONENT (RUNNING PLANS LISTED ABOVE. DO ARM CARE/RECOVERY AFTER THROWING):

CARDIO AND RECOVERY TRAINING:

DISTANCE FLUSH (HS AND AGES 11-13U).

STRENGTH COMPONENT (DESCRIPTION OF STRENGTH CIRCUITS LISTED ABOVE):

DECEL / ACCEL TRAINING:

CIRCUIT #2 (HS AND AGES 11-13U).

-#3: TOUCH AND FEEL BULLPEN ROUTINE-

USAGE: TODAY IS THURS. LAST PITCHED ON TUES AND SCHEDULED TO PITCH SAT.

APPLICATION: BULLPEN DAY W/ 3 DAYS BETWEEN SCHEDULED GAME APPS. USE #1 OR #2 BEFORE THIS ROUTINE.

SCHEDULE: SEE BELOW FOR MORE DETAILED APPLICATIONS AND USAGES.

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

MOVEMENT / MECHANICAL EFFICIENCY TRAINING:

30SEC REST BETWEEN DRILLS FOR ALL AGES.

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

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

ARM STRENGTHENING AND SCAP LOAD/UNLOAD TRAINING:

60SEC REST BETWEEN DISTANCE RATINGS.

HIGH SCHOOL:

8X AT 90'. 80% PEL.

8X AT 100' W/ CROW HOP. 80% PEL.

8X AT 125' W/ CROW HOP. 90% PEL.

8X AT 100' W/ CROW HOP. 80% PEL. UNHOOKED.

8X AT 70' W/ CROW HOP. 80% PEL. ALL BB AND CH. UNHOOKED.

AGES 11-13U:

8X AT 80'. 80% PEL.

8X AT 90' W/ CROW HOP. 80% PEL.

8X AT 100' W/ CROW HOP. 90% PEL.

8X AT 90' W/ CROW HOP. 80% PEL.

8X AT 10' LONGER THAN PITCHING DISTANCE W/ CROW HOP. 80% PEL. ALL BB AND CH. UNHOOKED.

PITCHING/VELOCITY COMPONENT (BH):

COMMAND TRAINING:

NO REST. CONSTANT THROWING.

HIGH SCHOOL:

14PITCH "TOUCH AND FEEL" BULLPEN @ 55'. 2FB INSIDE / 2FB OUTSIDE / 2CH / 1FB INSIDE / 2BB / 1FB / 1CH / 1BB / 2FB ANYWHERE. LAST 4 PITCHES UNHOOKED. IF YOU WANT TO PITCH AT REGULATION DISTANCE, SHORTEN TO 10 PITCHES, WITH LAST 3X UNHOOKED.

AGES 11-13U:

10PITCH "TOUCH AND FEEL" BULLPEN @ 5' SHORTER THAN PITCHING DISTANCE. IF YOU WANT TO PITCH AT REGULATION DISTANCE, SHORTEN TO 8 PITCHES, WITH LAST 3X UNHOOKED. 2FB INSIDE / 2FB OUTSIDE / 2CH / 1FB INSIDE / 2CH OUTSIDE / 1FB ANYWHERE. 4 PITCHES UNHOOKED.

RUNNING/RECOVERY COMPONENT (RUNNING PLANS LISTED ABOVE. DO ARM CARE/RECOVERY AFTER THROWING):

CARDIO AND RECOVERY TRAINING:

SPRINT INTERVALS (HS AND AGES 11-13U)

STRENGTH COMPONENT (DESCRIPTION OF STRENGTH CIRCUITS LISTED ABOVE):

DECEL / ACCEL TRAINING:

CIRCUIT #1 (HS AND AGES 11-13U)

-#4: LONG BULLPEN DAY ROUTINE-

USAGE: TODAY IS THURS. LAST PITCHED ON TUES AND SCHEDULED TO PITCH ON SUN

APPLICATION: LONG BULLPEN DAY W/ 4+ DAYS BETWEEN GAME APPS. USE #1 OR #2 BEFORE THIS ROUTINE.

SCHEDULE: SEE BELOW FOR MORE DETAILED APPLICATIONS AND DETAILS.

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

MOVEMENT / MECHANICAL EFFICIENCY TRAINING:

30SEC REST BETWEEN DRILLS FOR ALL AGES.

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

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

ARM STRENGTHENING AND SCAP LOAD/UNLOAD TRAINING:

60SEC REST BETWEEN DISTANCE RATINGS.

HIGH SCHOOL:

10X AT 90' W/ CROW HOP. 80% PEL. (BH)

10X AT 125' W/ CROW HOP. 90% PEL. (FH)

10X AT 125' W/ CROW HOP. 90% PEL. (BH)

10X AT 90' W/ CROW HOP. WORK IN CH. 90% PEL. UNHOOKED

AGES 11-13U:

8X AT 80' W/ CROW HOP. 80% PEL. (BH)
8X AT 110' W/ CROW HOP. 90% PEL. (FH)
8X AT 110' W/ CROW HOP. 90% PEL. (BH)
8X AT 90' W/ CROW HOP. WORK IN CH. 90% PEL. UNHOOKED.

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

VELOCITY AND COMMAND TRAINING:

90SEC REST BETWEEN FLAT AND MOUND.

8X FLATGROUND BULLPEN FOR HS AND AGES 11-13U. WORK BB AND CH. 90% PEL. (BH).
25PITCH BULLPEN (HS) OR 20PITCH BULLPEN (AGES 11-13U). 10X BH. 10X FH. 5 UNHOOKED. PITCH SEQUENCE OF CHOICE.

RUNNING/RECOVERY COMPONENT (RUNNING PLANS LISTED ABOVE. DO ARM CARE/RECOVERY AFTER THROWING):

CARDIO AND RECOVERY TRAINING:

LIGHT INTERVALS (HS AND AGES 11-13U)

STRENGTH COMPONENT (DESCRIPTION OF STRENGTH CIRCUITS LISTED ABOVE):

DECEL / ACCEL TRAINING:

CIRCUIT #4 (HS AND AGES 11-13U)

-#5: DAY BEFORE GAME ROUTINE-

USAGE: TODAY IS THURS. LAST PITCHED ON TUES AND SCHEDULED TO PITCH ON FRI.

APPLICATION: DO #3 (IF 3DAYS OFF BETWEEN GAMES) OR #4 (4+ DAYS OFF) BEFORE THIS ROUTINE.

SCHEDULE: SEE BELOW FOR MORE DETAILED APPLICATIONS AND DETAILS.

DELIVERY COMPONENT (FH OR BH). THROW 2 INSIDE/2 OUTSIDE FB SEQUENCE TO CATCHER ON FLAT:

MOVEMENT / MECHANICAL EFFICIENCY TRAINING:

30SEC REST BETWEEN DRILLS FOR ALL AGES.

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

LONG TOSS COMPONENT (UNHOOKED). THROW TO OPPOSITE ARM SIDE UNLESS DENOTED:

GAME PREP TRAINING:

30SEC REST BETWEEN DISTANCE RATINGS.

HIGH SCHOOL:

8X AT 90' W/ CROW HOP. 80% PEL.
8X AT 110' W/ CROW HOP. 90% PEL.
8X AT 90' W/ CROW HOP. 80% PEL.

AGES 11-13U:

6X AT 80' W/ CROW HOP. 80% PEL.
6X AT 100' W/ CROW HOP. 90% PEL.
6X AT 80' W/ CROW HOP. 90% PEL.

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

TOUCH AND FEEL COMMAND TRAINING:

NO REST. CONSTANT THROWING.

12 PITCH FLATGROUND BULLPEN (HS). 90% PEL. MIX ALL PITCHES.
10 PITCH FLATGROUND BULLPEN (AGES 11-13U). 90% PEL. MIX ALL PITCHES.

RUNNING/RECOVERY COMPONENT (RUNNING PLANS LISTED ABOVE. DO ARM CARE/RECOVERY AFTER THROWING):

CARDIO AND RECOVERY TRAINING:

10 SPRINTS FROM FOUL LINE TO CENTERFIELD (HS AND AGES 11-13U)

STRENGTH COMPONENT (DESCRIPTION OF STRENGTH CIRCUITS LISTED ABOVE)

DECEL / ACCEL TRAINING:

10REPS OF ANY AB EXERCISE / 15SEC OFF. DO 6 TOTAL EXERCISES. NO CUFF. NO LIFTING. (HS AND AGES 11-13U).

-#6: DAY AFTER LONG BULLPEN DAY ROUTINE -

USAGE: TODAY IS THURS. LAST PITCHED ON TUES AND SCHEDULED TO PITCH ON SUN.

APPLICATION: DO #4 ROUTINE DAY BEFORE. MUST HAVE ATLEAST 4 DAYS OF REST BETWEEN GAME APPS.

SCHEDULE: SEE BELOW FOR MORE DETAILED APPLICATIONS AND USAGES.

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

MOVEMENT / MECHANICAL EFFICIENCY TRAINING:

30SEC REST BETWEEN DRILLS FOR ALL AGES.

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

LONG TOSS COMPONENT. THROW TO OPPOSITE ARM SIDE UNLESS DENOTED:

SCAP LOAD/UNLOAD FLUSH:

60SEC REST BETWEEN DISTANCE RATINGS.

HIGH SCHOOL:

90SEC AT 90' W/ CROW HOP. 80% PEL. (BH)
90SEC AT 110' W/ CROW HOP. 90% PEL. (FH)
90SEC AT 110' W/ CROW HOP. 90% PEL. (BH)
90SEC AT 90' W/ CROW HOP. 80% PEL. (FH)

AGES 11-13U:

90SEC AT 70' W/ CROW HOP. 80% PEL. (BH)
90SEC AT 95' W/ CROW HOP. 90% PEL. (FH)
90SEC AT 95' W/ CROW HOP. 90% PEL. (BH)
90SEC AT 70' W/ CROW HOP. 80% PEL. (FH)

PITCHING/VELOCITY COMPONENT . THROW TO OPPOSITE ARM SIDE UNLESS DENOTED.

N/A:

RUNNING/RECOVERY COMPONENT (RUNNING PLANS LISTED ABOVE. DO ARM CARE/RECOVERY AFTER THROWING):

CARDIO AND RECOVERY TRAINING:

AGILITY LADDERS (HS AND AGES 11-13U)

STRENGTH COMPONENT (DESCRIPTION OF STRENGTH CIRCUITS LISTED ABOVE):

DECEL / ACCEL TRAINING:

CIRCUIT #3 (HS AND AGES 11-13U)

-DETAILED APPLICATIONS AND USAGES-

THROWING ROUTINE #1:

RECOMMENDED FOR STARTS OR LONG RELIEF APPS

1. FULL "DAY 1" FLUSH/RECOVERY. DO NOT USE MUCH EFFORT IN THROWING. RECOVERY IS FOCUS ON THIS DAY.
2. IF YOU THREW 3+ INNINGS OR 35+ PITCHES, ENSURE YOU HAVE 3 FULL DAYS OFF BEFORE NEXT APP.

THROWING ROUTINE #2:

RECOMMENDED FOR SHORT RELIEF, CLOSING, OR SET UP APPS.

1. MEDIUM "DAY 1" FLUSH/RECOVERY. DO NOT THROW HARD OR USE MUCH EFFORT IN THROWING. RECOVERY IS FOCUS.
2. IF YOU THREW 2 INNINGS (OR LESS) OR 34 PITCHES OR LESS, ENSURE YOU HAVE 2 FULL DAYS OFF BEFORE NEXT APP.

THROWING ROUTINE #3:

RECOMMENDED FOR USAGE AFTER ROUTINE #6 OR IF YOU HAVE 3 FULL DAYS OFF BETWEEN APPS.

1. PROVIDES A 2ND BULLPEN DAY BETWEEN APPS THAT IS A "TOUCH AND FEEL" OR "TUNE UP" BEFORE NEXT APP.
2. IF ARM CANNOT HANDLE WORKLOAD OF 2 BULLPENS BETWEEN APPS, USE THIS ROUTINE OR ROUTINE #6. RE-EVALUATE RECOVERY RATES IF ARM IS NOT RECOVERING IN TIME FOR NEXT APP.
3. CONDUCT THIS ROUTINE ON 2ND DAY AFTER LAST APP. CAN USE DAY BEFORE NEXT APP IF NEXT APP IS GOING TO BE 2IP OR LESS.

THROWING ROUTINE #4:

RECOMMENDED FOR USAGE AFTER ROUTINES #1 OR #2 OR IF YOU HAVE 4+ FULL DAYS OFF BETWEEN APPS.

1. PROVIDES A FULL BULLPEN/LONG TOSS DAY BETWEEN APPS.
2. IF ARM IS NOT FULLY RECOVERED ON THIS DAY'S RECOMMEND USAGE, CUT BACK ON BULLPEN PITCH AMOUNTS.
3. CONDUCT THIS ROUTINE ON 2ND DAY AFTER LAST APP. CAN BE SUBSTITUTED FOR ROUTINE #3 IF YOU FEEL RECOVERY SUPPORTS SUCH.

THROWING ROUTINE #5:

RECOMMENDED FOR USAGE AFTER ROUTINE #3 OR IF YOU ARE GOING TO APPEAR IN A GAME FOLLOWING DAY.

1. PROVIDES A "TOUCH AND FEEL" THROWING SESSION BEFORE NEXT APP.
2. CUT OUT IF RECOVERY RATES ARE NOT PEAKED OR YOU WANT A DAY OFF BEFORE NEXT APP.
3. MAINLY USED TO KEEP BASEBALL IN HAND. NOT A WORK DAY, BUT A MAINTANENCE DAY.

THROWING ROUTINE #6:

RECOMMENDED FOR USAGE AFTER ROUTINE #4.

1. PROVIDES AN EXTRA LIGHT THROWING DAY FOR PITCHERS WHOM HAVE ELONGATED TIME FRAME BETWEEN APPS.
2. LIGHT WORK DAY THAT NOT ONLY KEEPS BASEBALL IN HAND, BUT PROVIDES LIMITED WORK APPLICATION TO PITCHING DELIVERY.
3. ENSURE YOU HAVE 3+ FULL DAYS OFF BETWEEN APPS (AFTER YOU USE THIS ROUTINE).

**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.*