

## 2016 6-Week Throwing Program

- ✓ Throwing twice per week for 6 weeks
- ✓ Be ready to pitch off a mound March 1<sup>st</sup> and throw 75-100 pitches by 1<sup>st</sup> scrimmage on March 17<sup>th</sup>

### "Tools of the trade"

- ✓ Weighted jump rope
- ✓ Medicine balls
- ✓ Rubber tubing
- ✓ 2-knee drill / Step-Behind throwing drills



### Weighted Jump Rope: The BEST Shoulder Exercise

- ✓ Read this newsletter to understand why – <http://www.pitchingdoc.com/index.php?p=251538>
- ✓ Do weighted jump rope 4x/week in 3 1-minute sets/day during the season

### Why throw before the season starts?

- ✓ Flat-ground throwing/Long toss is NOT about building arm strength.
- ✓ Throwing is necessary to perfect the timing of your throwing motion, namely how efficiently you transfer energy from your lower body to your upper body
  - Just as you hit constantly to perfect your swing, you have to throw constantly to perfect your throwing motion.

### NO "cold stretching"!

- ✓ Stretching before throwing without a proper warm-up (when your muscles are "cold") will INCREASE your risk of injury
- ✓ Weighted jump rope and push-ups will be your warm-up before throwing
- ✓ If you're not sweating, don't start throwing

### The Proper Warm-Up before each throwing session

- ✓ 30 seconds of weight jump rope (~75 jumps)
  - 5 push-ups\*, with a "2" count to the floor and a "1" count back to the starting position\*\*
- ✓ 45 seconds of weighted jump rope (~110 jumps)
  - 3 push-ups\*, with a "3" count to the floor and a "1" count back to the starting position\*\*
- ✓ 1 minute of weighted jump rope (~150 jumps)
  - 2 push-ups\*, with a "5" count to the floor and a "1" count back to the starting position\*\*

\* The proper form for a push-up is to have the hands directly under the shoulders and to keep the elbows tucked to the side, this increases triceps muscle activation, a muscle that works a lot to throw the baseball  
-Letting the elbow "splay" increases shoulder stress.



\*\*The slow counts to the floor not only keep you under control but strengthen the pec muscles as they lengthen, which is what happens when you get to the "late cocking" position:



**The 2 throwing drills for this program**

- ✓ 2-knee drill / Step-Behind Drill from throwing drills handout

**Rubber Tubing Exercises**

- ✓ The least important of the exercises but can still help.
- ✓ These 2 exercises are based on a 2010 study- "4 week program increases velocity in youth pitchers" for the tubing exercise - <http://www.pitchingdoc.com/index.php?p=251526>

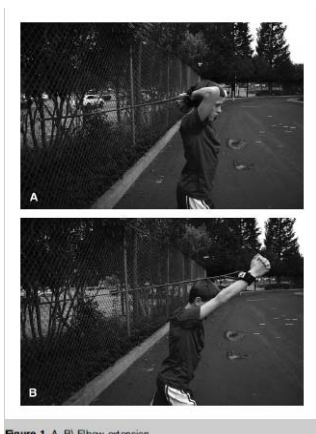


Figure 1. A, B) Elbow extension.

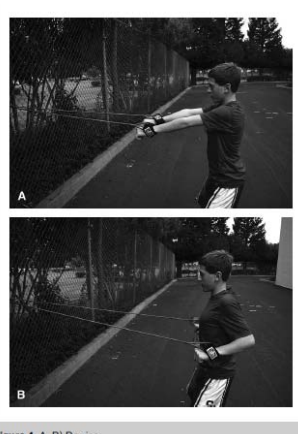


Figure 4. A, B) Rowing.

- ✓ The 3<sup>rd</sup> is called the 'Cheerleader' tubing exercise
  - <http://www.mikereinold.com/2013/12/simple-exercise-scapula-posterior-chain-posture.html>



**IMPORTANT! →**

Each resistance exercise was performed in a 3-second repetition (1 second for the concentric phase and **2 seconds for the eccentric phase**). Each subject was instructed on how

**Medicine Ball Deceleration Training**

- ✓ Strengthening your back shoulder to improve deceleration after Ball Release
- ✓ See handout from Video Library



*"You can only accelerate as fast as you can decelerate"*

– Dr. Tom House

Founder – National Pitching Association – [www.nationalpitching.net](http://www.nationalpitching.net)