

HIGH SCHOOL (9th - 12th grade) PRE-SEASON THROWING PROGRAM

Program is designed to be ready for 30 full speed pitches the first day of spring high school practice (WEEK 9).

Position players can replace bullpens with position specific throwing (make plays on the field).

OPTIONAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Players who did NOT throw at all in the fall may want to start Phase 1 a week early and spend 3 weeks in Phase 1 instead of just 2.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 1 x 10	Band Work 1 x 10		Band Work 1 x 10	Band Work 1 x 10		
	Light Long Toss	Light Long Toss		Light Long Toss	Light Long Toss		
	No Pull Downs	No Pull Downs		No Pull Downs	No Pull Downs		

WEEK 1

PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus should be on looseness and "listening" to your arm for duration and distance; which can be different each day. All throws should have an arc.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 1 x 15	Band Work 1 x 15		Band Work 1 x 15	Band Work 1 x 15		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	No Pull Downs	No Pull Downs		No Pull Downs	No Pull Downs		

WEEK 2

PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus should be on looseness and "listening" to your arm for duration and distance; which can be different each day. All throws should have an arc. Distance and duration of session should be more than week 1.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 1 x 15	Band Work 1 x 15		Band Work 1 x 15	Band Work 1 x 15		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	No Pull Downs	No Pull Downs		No Pull Downs	No Pull Downs		

WEEK 3

PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Continuation of stretching out with the addition of pull down throws. More distance, duration, and intensity than Phase 1. Pull downs are aggressive but not max effort yet.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 10	Band Work 2 x 10		Band Work 2 x 10	Band Work 2 x 10		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	No Pull Downs	Pull Downs		No Pull Downs	Pull Downs		

WEEK 4

PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Continuation of stretching out with the addition of pull down throws. More distance, duration, and intensity than Phase 1. Pull downs are aggressive but not max effort yet.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 10	Band Work 2 x 10		Band Work 2 x 10	Band Work 2 x 10		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	No Pull Downs	Pull Downs		No Pull Downs	Pull Downs		
		70% Flatground = 20 FB			70% Flatground = 20 FB		

WEEK 5							
PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Continuation of stretching out with the addition of pull down throws. More distance, duration, and intensity than week 3 and 4. Pull downs are more aggressive than week 3 and 4.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 10	Band Work 2 x 10		Band Work 2 x 10	Band Work 2 x 10		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	Aggressive Pull Downs	Aggressive Pull Downs		Aggressive Pull Downs	Aggressive Pull Downs		
		80% Flatground = 25			80% Flatground = 25		
	All pitches		All pitches				
WEEK 6							
PHASE 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Similar to Phase 2 except with more distance, duration, and intensity. Pull downs should be max effort.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 15	Band Work 2 x 10		Band Work 2 x 15	Band Work 2 x 10		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	No Pull Downs	Pull Downs		No Pull Downs	Pull Downs		
		90% Flatground = 30			90% Flatground = 30		
	All pitches		All pitches				
WEEK 7							
PHASE 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Similar to Phase 2 except with more distance, duration, and intensity. Pull downs should be max effort.</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 15	Band Work 2 x 15		Band Work 2 x 15	Band Work 2 x 15		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
	No Pull Downs	Max Effort Pull Downs		No Pull Downs	Max Effort Pull Downs		
		85% Mound = 25			85% Mound = 25		
	All pitches		All pitches				
WEEK 8							
PHASE 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>The concept of listening to the arm will be important throughout the spring. Your arm will tell you how much duration, intensity, and distance you need each day for your long toss and pull downs (if any).</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 15	Band Work 2 x 15		Band Work 2 x 15	Band Work 2 x 15		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
		100% Mound = 25			100% Mound = 25		
		All pitches			All pitches		
WEEK 9 (End of January)							
PHASE 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Mound work to hitters. Gradually increase your pitch count each week. ALWAYS LISTEN TO YOUR ARM!</i>	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both days, or optional light throwing 1 of these 2 days.	
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
	Band Work 2 x 15	Band Work 2 x 15		Band Work 2 x 15	Band Work 2 x 15		
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss		
		100% Mound = 30			100% Mound = 30		
		All pitches			All pitches		