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 postion specific throwing (make plays on the field).

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OPTIONAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunda
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.	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		
	Arm Circles	Arm Circles		Arm Circles	Arm Circles	OFF both	days, or
	Band Work 1 x 10	Band Work 1 x 10		Band Work 1 x 10	Band Work 1 x 10	optional ligh	t throwing
	Light Long Toss	Light Long Toss		Light Long Toss	Light Long Toss	1 of these	2 days.
	No Pull Downs	No Pull Downs		No Pull Downs	No Pull Downs		
		V	VEEK 1				
PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both of optional light	nt throwing
	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		
		V	VEEK 2				
PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		
	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	OFF both	days or
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	optional ligh	t throwing
	No Pull Downs	No Pull Downs		No Pull Downs	No Pull Downs	1 of these	
session should be more than week 1.							
		V	VEEK 3				
PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continuation of stretching out with the addition of pull down throws. More distance, duration, and intensity than Phase 1. Pull downs are aggressive but	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		
	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	OFF both	
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	optional light 1 of these	
	No Pull Downs	Pull Downs		No Pull Downs	Pull Downs		,
not max effort yet.							
		V	VEEK 4				
PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		
	Arm Circles	Arm Circles		Arm Circles	Arm Circles	1	
	Band Work 2 x 10	Band Work 2 x 10		Band Work 2 x 10	Band Work 2 x 10	OFF both	
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	optional light 1 of these	
	No Pull Downs	Pull Downs		No Pull Downs	Pull Downs	31 111000	
		70% Flatground = 20 FB			70% Flatground = 20 FB	1	

		V	WEEK 5				-
PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		•
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		throwing
	Band Work 2 x 10	Band Work 2 x 10		Band Work 2 x 10	Band Work 2 x 10	OFF both	
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	optional ligh	
	Aggressive Pull Downs	Aggressive Pull Downs		Aggressive Pull Downs	Aggressive Pull Downs	1 of these	2 days.
		80% Flatground = 25			80% Flatground = 25		
		All pitches			All pitches		
		V	WEEK 6				
PHASE 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Similar to Phase 2 except with more distance, duration, and intensity. Pull downs should be max effort.	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch	OFF both doptional light	•
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		t throwing
	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
	Active Warmup & Stretch	Active Warmup & Stretch		Active Warmup & Stretch	Active Warmup & Stretch		!
	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
Similar to Phase 2 except with more distance, duration, and intensity. Pull	Band Work 2 x 15	Band Work 2 x 15	OFF	Band Work 2 x 15	Band Work 2 x 15	OFF both	days or
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	optional ligh	t throwing
downs should be max effort.	No Pull Downs	Max Effort Pull Downs		No Pull Downs	Max Effort Pull Downs	1 of these	
•		85% Mound = 25			85% Mound = 25		
		All pitches			All pitches		
		1	WEEK 8				
PHASE 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		
The concept of listening to the arm will be important	Arm Circles	Arm Circles		Arm Circles	Arm Circles		
throughout the spring. Your	Band Work 2 x 15	Band Work 2 x 15		Band Work 2 x 15	Band Work 2 x 15	OFF both	days or
arm will tell you how much duration, intensity, and	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	optional ligh	nt throwing
distance you need each day						1 of these	2 days.
for your long toss and pull downs (if any).		100% Mound = 25			100% Mound = 25		
		All pitches			All pitches		
		WEEK 9	End of Ja	nuary)	<u> </u>		
PHASE 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mound work to hitters. Gradually increase your pitch count each week. ALWAYS LISTEN TO YOUR ARM!	Active Warmup & Stretch	Active Warmup & Stretch	OFF	Active Warmup & Stretch	Active Warmup & Stretch		I
	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	077	
	Stretch Long Toss	Stretch Long Toss		Stretch Long Toss	Stretch Long Toss	OFF both optional ligh	
	***************************************			***************************************	10100 10100	1 of these	
		100% Mound = 30			100% Mound = 30	1	
		All pitches				1	
					All pitches		