

YOUTH (8u-14u) PRE-SEASON THROWING PROGRAM

Program is designed to be ready for 40-50 full speed pitches at the end of February (WEEK 7).

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		Active Warmup & Stretch	
		Arm Circles		Arm Circles		Arm Circles	
		Band Work 1 x 15		Band Work 1 x 15		Band Work 1 x 15	
		Stretch Long Toss		Stretch Long Toss		Stretch Long Toss	
		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		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
		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		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
		Stretch Long Toss		Stretch Long Toss		Stretch Long Toss	Stretch Long Toss
		Pull Downs		No Pull Downs		Pull Downs	No 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		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
		Stretch Long Toss		Stretch Long Toss		Stretch Long Toss	Stretch Long Toss
		No Pull Downs		Pull Downs		No Pull Downs	Pull Downs
				80% Flatground = 20 FB			80% Flatground = 20 FB

WEEK 5

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		Active Warmup & Stretch	Active Warmup & Stretch
		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 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		Active Warmup & Stretch	Active Warmup & Stretch
		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
		Pull Downs		100% Mound = 30 FB's & CH's		No Pull Downs	Pull Downs

WEEK 7

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		Active Warmup & Stretch	Active Warmup & Stretch
		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 FB's & CH's				100% Mound = 40 FB's & CH's	