

HIGH SCHOOL SPRING PRE-SEASON THROWING PROGRAM

Please Note:

- The program is for pitchers **AND** position players with the intent of having you ready to compete at full speed the first day of spring high school practice (end of January).
- The program is simple but it does require a **commitment to consistency**.
- If your high school coach starts you throwing during baseball class, you will need to blend those sessions into this schedule. **DO NOT throw during high school class and then go home and throw again on the same day.**
- If you are participating in a velocity development program or some other pre-season throwing program, you can blend this one with that one or just use the one you currently use. Be sure to discuss this one with your instructor. **DO NOT double up and do both.**
- Stay off the mound until week 6 or 7 as the mound adds stress to the elbow and shoulder and will disrupt the ramping up process.
- Unless you are an uncommitted senior, a rest period (no pitching) is highly recommended.
 - All uncommitted senior non-pitchers who are planning on attending college showcase camps over the winter need to stay in "full speed" shape by continuing to throw 4 days per week and forgoing the "rest period."
 - All uncommitted senior pitchers who are planning on attending college showcase camps over the winter need to stay in "full speed" shape by continuing to throw 4 days per week including 2 bullpens per week (30-40 pitches per) and forgoing the "rest period."
- Sessions with pitching instructors (lessons) should be considered and worked into the schedule. Your pitching instructor should be on the same page with the philosophy and pace of this program.
- Sleeves should be worn for all throwing sessions, practices, and games when temperatures are below 65 degrees. Your arm will appreciate it if you keep it warm. Even if that means you are "hot."
- An understanding of what it means to "listen to your arm," how to long toss, and how to execute pull downs is imperative. The calendar won't make much sense if the player doesn't first understand the philosophy and terminology. Most Twelve players have been coached up on these concepts but as is the case with all of the things they are learning, they are not experts yet. See links below.
- Warming up the body should happen prior to any throwing. This is done through active full body movements (in the cold weather, the body temperature needs to get to the point of producing sweat), as well as the the arm circle routine and the Jaeger band routine. Once throwing, the player is no longer "warming up" but rather he is working on throwing and conditioning the arm.
- A full body athletic strength training program throughout the year is an important component of a comprehensive arm care program.

Jaeger Band Routine PDF [HERE](#)
Jaeger Band Routine Video [HERE](#)
Alternate Band Routine [HERE](#)
Arm Circle Routine [HERE](#)
How to Long Toss Video [HERE](#)

Continued next page...

THE FOUR PHASE THROWING PROGRAM SUMMARY

Printable Calendar [HERE](#)

Phase 1 Stretching Out (10-14 days)

- Focus should be on stretching out and looseness in the delivery.
- Max effort throws that are “on line” or downhill should NOT be happening in this phase.
- Determining distance and duration is a matter of listening to your arm.
- You can throw every day but only as much as your arm “wants” to throw.
- Young players who are learning to understand their arm will need to be careful not to overdo it during this phase.

Phase 2 Stretching Out and Pulling Down (10-14 days)

- If possible, do this for 3-4 weeks. Start 1 week sooner to get 3 weeks of phase 2)
- Continuation of Phase 1 with the addition of Pull Downs. Each week the pull downs should get more aggressive.

Phase 3 Building Strength and Endurance (10-14 days)

- Very similar to Phase 2 except that the stretching out distance and duration will probably increase and the intensity and duration of the pull down phase will also increase.
- It is imperative that the pull downs are aggressive in Phase 3.

Phase 4 Game Ready

- The program is designed to have each player game-ready by week 9. Pitchers should be ready to throw 30-40 pitches at full speed to hitters at week 9. Pitchers should gradually raise pitch counts by 10 pitches each week. Appropriate recovery days throughout the season is imperative for arm health. Refer to the MLB Pitch Smart Guidelines ([HERE](#)) and consider an even more conservative approach for maximum per day pitch counts and amount of recovery time needed between outings.