

YOUTH PROGRAM PRE-SEASON RAMP UP THROWING PROGRAM

Notes:

- The program is for pitchers **AND** position players with the intent of having players ready to compete in games by the end of February.
- The program is simple but it does require a **commitment to consistency**.
- Stay off the mound until the program prescribes it, as the mound adds stress to the elbow and shoulder and will disrupt the ramping up process.
- Sessions with pitching instructors (lessons) should be considered and worked into the schedule. Pitching instructors 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 the player complains of being too “hot and sweaty.”
- An understanding of what it means to “listen to your arm,” how to long toss, and how to execute pull downs is imperative. 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 entire 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 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.
- Research suggests at least 2 months per year of no throwing.

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

Phase 1 Stretching Out (2 weeks)

- Players should be throwing 3-4 days each week, with a rest day in between throwing 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 and listen to their arm will need to be careful not to overdo it during this phase.

Phase 2 Stretching Out and Pulling Down (2-4 weeks)

- Players should be throwing 3-4 days each week, with a rest day in between throwing days.
- If possible, do this for 3-4 weeks. Will have to start phase 1 sooner to get more weeks of phase 2.
- Continuation of Phase 1 with the addition of Pull Downs (not max effort). Each week the pull downs should get more aggressive.
- Flatground pitching work should begin in the second week of phase 2.

Phase 3 Building Strength and Endurance (2 weeks)

- 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.
- Flatground intensity will go up in this phase.
- The mound will be introduced in week 2 of this phase.

Phase 4 Game Ready

- The program is designed to have each player game-ready by week 7. Pitchers should be ready to throw 40 pitches at full speed to hitters at week 7.