



Pitcher Development Program





What You Can Control As a Pitcher	Out of Your Control As a Pitcher
<ul style="list-style-type: none">• Attitude• Preperation• Effort• Thought Process• Throwing Strikes/First Pitch Strikes• Staying Ahead in Count• Aggressiveness• Pitch Call• Controlling Running Game	<ul style="list-style-type: none">• Errors• ERA• Umpires• Results/ Outcomes• Weather• Bad Mounds• Your team's offensive production• Scouts• Travel/ Being Tired• Coaching Decisions

"Show me a man who cannot bother to do little things, & I'll show you a man who cannot be trusted to do big things" - L. D. Bell

"Don't let the success or failure of your last pitch effect this pitch, right here, right now" - CJ Wilson

"Unfortunately, it only takes one person with a bad attitudde to destroy chemistry" - Muffet Mcgraw

"If you want to be good, you really don't have a lot of choices, because it takes what it takes" - Nick Saban

"Are you that bad, that you need to feel good to play good?" - Ken Ravizza

"Be where your feet are" - Ken Ravizza

"Baseball is 90% mental and the other half is physical" - Yogi Berra

"Attitude is a Decision" - Ken Ravizza

"I believe your attitude is the most important choice you make" - Lou Holtz

"It begins before it begins" - Ken Ravizza

"Hesitation is the enemy. It allows the moment to pass, the opportunity to be lost, and the enemy to get the upper hand" - Jocko Willink

"Are you breathin' man?" - Ken Ravizza

"GOOD." - Jocko Willink

"The first step toward greatness, is honesty" - Proverb

"No better teammet, No worse opponent"

*This is only a starting point. In-season adjustments will be made depending on individual roles



In Season Pitchers Programming

Pitch Day	+1	+2	+3	-3	-2	-1
1. Warm-Up	1. Warm-Up	1. Warm-Up	1. Warm-Up	1. Warm-Up	OFF	1. Warm-Up
2. Long Toss B	2. Active Recovery Day	2. Long Toss A	2. Mound Blend	1. Long Toss A		2. Long Toss A (*to desired dist.)
3. Bullpen --> Game	3. Recovery +	3. Recovery	3. Recovery	3. Bullpen		3. Recovery
4. Recovery	4. Post Pitch Lift			4. Recovery		

Int./Vol.	H	L/ H-R	M	M/H	H	L-O	M/L
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Warm-Up

1. Foam Roll/ LAX Ball Rollout (Full Body)
2. Dynamic Warm-Up (Full Body)
3. Arm Circles
4. 90/90 IR-ER
5. J-Bands
6. Shoulder Tube
7. Plyo's

Long Toss

- *Long Toss A
Max Extension (or to prescribed distance)
- *Long Toss B
Max Extension (or to prescribed distance)
+ 10-12 compression throws on way in

Recovery

1. Waiter Walks (2x20yds, KB)
 2. Upward or Side Plyo Toss (2x10, 1kg)
 3. Shoulder Tube
 4. Sleeper Stretch (2x20sec)
 5. Running (coach*)
 6. Hip Series (coach*)
- *Diet, hydration, and sleep are the most important factors to recovery
*Optional-MarcPro

Mound Blend

1. Mound Plyos
2. Extension to desired distance
* Compression Throws Optional
3. 1x5 all pitches short box

Active Recovery Day

1. Full body dynamic warm-up
2. J-Bands
4. Plyo's (ONLY Reverse Throws 2x10 & Pivot Picks 1x10)
5. Optional Light toss to tolerance (60-90ft max)
6. Recovery +

Recovery +

1. Waiter Walks (2x20yds, KB)
2. Upward or Side Plyo Toss (2x10, 1kg)
3. Full Body Stretch (2x20sec)
4. Running (KMA)
5. Hip Series (coach*)

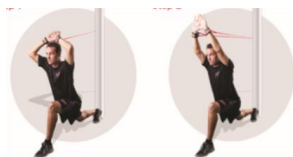


Daily Arm Care/ Warm-Up Routine

1. Foam Roll/ LAX Ball Rollout (Full Body)
2. Dynamic Warm-Up (Team)
3. Arm Circles
4. 90/90 IR-ER
5. J-Bands
6. Shoulder Tube
7. Plyo's

Arm Circles *Feet at shoulder width *Arms at shoulder height *Arms slightly in front of body	Small Circles Forward & Backwards 1. Neutral x10e 2. Supinated x10e 3. Pronated x10e	Medium Circles Forward & Backwards 1. Neutral x10e 2. Supinated x10e 3. Pronated x10e	Big Circles Forward & Backwards 1. Neutral x10e 2. Supinated x10e 3. Pronated x10e		
90/90 IR-ER *Don't rush through exercises *Control the movements	1. Palms Forward x10 2. Palms In x10	3. Palms Out x10 4. Palms In to Out x10			
J-Bands *Don't rush through exercises *Control movements	1. OH Forearm Press 1x10 2. Side Extensions 1x15-20sec hold 3. Diagonal Extensions 1x15-20sec hold 4. Forward Fly to OH Reach 1x10	5. Reverse Fly to OH Reach 1x10 6. Bicep Curls w/ Supination 1x10 7. Triceps Extension w/ Pronation 1x10 8. Internal/External Rotation 1x10e	10. Elevated Internal Rotation 1x10 11. Elevation External Rotation 1x10 12. Reverse Throws 1x10 13. Forward Throws 1x10		
Shoulder Tube *Control Shoulder tube *Don't rush through exercises	1. Shoulder Flexion (Front) 2. Shoulder Abduction/Adduction (Side) 3. Horizontal Shoulder Abduction/Adduction (Front) *each exercise should be ~20sec in duration	4. IR/ER 5. Pronation - Supination 6. Forward/Reverse Pitching Motion			
Plyo's	1. Reverse Throws *1x10; 1kg ball	2. Pivot Picks *1x10; 1kg ball	3. Roll-Ins *1x5; 1kg ball *1x5; 450g ball	4. Pickoffs *2x1; 450kg, 225kg, 150kg, 100kg	5. Walking Wind-Up *2x1; 450kg, 225kg, 150kg, 100kg

J-BANDS CHEAT SHEET



1. Overhead Forearm Press

1x10

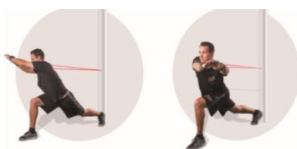
- Start in lunge position facing away from band anchor
- Elbows stay stationary
- Palms extend forward into extension
- Reverse motion back to starting position



2. Side Extensions

1x15-20sec hold

- Start in lunge position facing away from band anchor
- Extend hands directly overhead
- Lengthen (not round) the side
- Extend from back hip through fingertips



3. Diagonal Extensions

1x15-20sec hold

- Start in lunge position facing away from band anchor
- Extend from back hip diagonally through fingertips



4. Forward Fly to OH Reach

1x10

- Feet shoulder width apart, slight bend in knees, and core braced
- Start with thumbs up and arms straightened out to side at shoulder height
- Bring arms forward in front of shoulders (forward fly)
- Once arms are in front of shoulders, raise hands straight overhead (OH reach) keeping palms facing each other with arms remaining straight
- Reverse motion back to starting position



5. Reverse Fly to OH Reach

1x10

- Feet shoulder width apart, slight bend in knees, and core braced
- Start with thumbs up and arms straightened out in front of shoulders
- Bring arms back until they are directly on side of body (reverse fly)
- Once arms are at side, raise hands directly overhead (OH reach) with palms facing forwards, ultimately touching thumbs at top
- Reverse motion back to starting position



6. Bicep Curls w/ Supination

1x10

- Start with arms straight out in front and pronated (palms down)
- Supinate hand while curling bands towards face
- Reverse motion back to starting position



J-BANDS CHEAT SHEET



7. Triceps Extensions w/ Pronatio

1x10

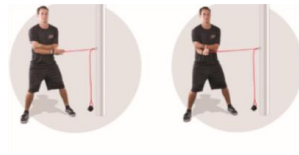
- Elbows up and hands by ears
- Palms facing down towards shoulders
- Extend arms out front at head height
- Pronate forearms on extension
- Reverse motion back to starting position



8. Internal Rotation

1x10

- Elbow on hip
- Arm at right angle
- Maintain level shoulders
- Rotate arm internally towards glove-side hip
- Reverse motion back to starting position



9. External Rotation

1x10

- Elbow on hip
- Arm at right angle
- Maintain level shoulders
- Rotate arm externally towards arm-side hip
- Reverse motion back to starting position



10. Elevated Internal Rotatio

1x10

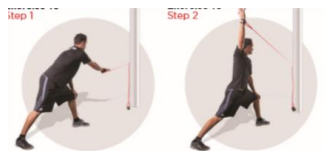
- Raise elbow to front at shoulder height
- Forearm in vertical position
- Place opposite hand under throwing elbow to maintain stability
- Rotate arm internally taking palm to opposite elbow
- Reverse motion back to starting position



11. Elevated External Rotatic

1x10

- Raise elbow to front at shoulder height
- Forearm in horizontal position
- Place opposite hand under throwing elbow to maintain stability
- Rotate arm externally taking forearm to vertical position
- Reverse motion back to starting position



12. Reverse Throws

1x10

- Start in split squat (lunge/stride) position facing band anchor
- Should be extended with throwing hand near opposite foot
- Take arm in reverse direction mirroring normal arm pattern ending at "foot strike" position
- Reverse motion back to starting position



13. Forward Throws

1x10

- Start in split squat (lunge/stride) position facing away from band anchor
- Should be in "foot strike" position to start
- Take arm through throwing motion ending at extension
- Reverse motion back to starting position





Long Toss Program

"Let Your Arm Dictate Your Activity"

- Listen to your arm
- There are 2 primary phases of this program
 - 1) Extension
 - "Stretching out phase"
 - Loose arm action, air under the ball
 - 2) Compression
 - "Pull-downs"
 - Max effort, on a line
- The THROWING portion of the program does not begin until all warm-up is complete.
 - "Warm-up to throw, don't throw to warm-up"
 - You should work up a good sweat and be COMPLETELY warm prior to picking up a baseball

Workload

- "Walk before you jog"
- A/C Ratio = Acute to Chronic Workload Ratio
 - Acute = 1 day-1 week workload
 - Chronic = Overall (monthly) workload
 - The idea is to have an A/C ratio of .8-1.2; This means that our long term workload matches our current workload.
 - This is controlled/manipulated by volume AND intensity
- Injury prevention, development, and maintenance revolve around A/C ratio
 - You will never reach or expand your potential unless A/C ratio is monitored

Ideal Week

- An ideal week will include the following: (keep in mind, this is in a perfect world)
 - 2-3 days of high intensity work* - Long toss w/ compressions (Long Toss B), bullpen, game day
 - 2-3 days of low intensity work* - Long toss w/o compressions (Long Toss A, depending on dist.), light toss
 - 1 active recovery day*
 - 1 off day* - no throwing; can include a lift, sprint work/conditioning, mobility work, etc.





Conditioning/ Athleticism

Creating a *STRONG, ATHLETIC* Pitcher

*All done at 100% effort

*#'s will be prescribed (coach)

KMA	1 x 60sec full pole (~100yds) 2 x 28sec 3/4 pole (~75yds) 4 x 18sec 1/2 pole (~50yds) 6 x 10sec 1/4 pole (25yds) 8 x 60ft sprints	*Will only be done on post-pitch <i>Active Recovery</i> day *Rest times will be different on KMA
Sprint - Walk - Sprint - Walk	Sprint 1/4 pole - Walk 1/4 Pole - Sprint 1/4 pole - Walk 1/4 Pole	
Push - Up Sprints	Laying on your stomach, push up into a sprint. Goal is to make this a fluid and quick movement. Can be lying in different directions Forward, sideways, backwards, etc.	
Kneeling Sprint	On one knee; turned to the side - front knee down. Stand up with lead leg and explode into a sprint. Should be one explosive and fluid motion.	
5 - 5 - 10 Sprint	Cones will be set up at 5 & 10 yards Sprint 5 - Backpedal 5 - Sprint 10	
3- & 4-point Starts	NOT traditional 3-point/4-point stances: 3-point start is a knee-down/lunge position 4-point start is on hands and knees Explode out of starting position into sprint Distance of sprint& start direction will be prescribed (coach)	
Bounds	Start on one leg. Load hips and explode in prescribed direction and land firm on the opposite leg. Should land stable with weight throughout entire foot Directions can be - <i>diagonal</i> or <i>side to side</i>	

Rest Intervals:		
10yds - walk back	20yds - 45 sec	30yds - 75sec
40yds - 1:05min	50yds - 1:35min	>50yds - 2:00min



Hip Strength & Mobility

Control the Center

Prone Half-Frog Series *All 2x6	1. Internal Rotation Liftoffs 2. <i>Extension Liftoffs</i> 3. <i>Hover</i> *1sec hold/squeez at top *1sec hold/squeez at top *Squeeze ball between back of knee and thigh
90/90 Series 1	In 90/90 seated position 1. 90/90 seated hip rotations 2. Front leg lift, hold for 2sec 3. Back leg lift, hold for 2sec 4. Rotate to opp. side with hands off ground 5. Repeat steps 1-4
Hip CARS	4 point start - knees and hand on ground Complete CAR (Controlled Articular Rotation)
90/90 Get-Ups	Start in the 90/90 seated position and work into a "cossack squat" position by extending lead leg and using the trail leg to stand off the ground, and ultimately into a standing athletic position
Hurdles	Specifics prescribed (coach)
Single Leg Lowers	Lying on back, one leg stabilized up in 90° position against wall Slowly raise and lower opposite leg
90/90 "Stretch" Series	In 90/90 seated position 1. Stretch/ lean forward to front knee (10-15sec) 2. Stretch/lead forward to front leg foot (10-15sec) 3. Lean back with hands on ground behind you (10-15sec) 4. Rotate to opp. side with hands off ground 5. Repeat steps 1-4
Half Kneeling Hip Stretch	Half kneeling position against wall/fence Pull back foot to glute Rock forward and squeez glute *10-15sec hold each rep

Others- Straight leg Hovers, Side Lying ER press



Core Strength & Stability

Control the Center

Med Ball Work:

- The majority of MB exercises we do will be done in a(n):
 1. Overhead (OH) Slam
 2. Shot Put - From pec
 3. Scoop Toss - toss from hip
- Always use power/rotate fast from your hips - Use of arms in minimal
- Prescribed MB exercises will always be listed as:
 - (1) The position you will be standing OR the manner in which you will move into the throw -
 - (2) The specific MB exerciseexamples:
 - Walking step behind - shot put
 - Jump back - shot put
 - Split stance - OH Slam
- Unless otherwise noted, MB work will ALWAYS be max effort. Shoot for incr. distance and velo

Acronyms-

MB = Med Ball

SS = Split Stance

SL = Single Leg

OH= Overhead

Other Core Exercises

- Planks
- Alt. Leg Lowers
- Bird Dog
- Ab rollouts
- Push-up pullovers
- Swimmer Plank (shoulder CAR)
- Reverse Bear Crawl



Mental Game

"Be where your feet are" "Be present, not perfect"

- Ken Ravizza

Process Oriented > Results Oriented

- You are in control of YOUR process, you are not in control of external outcomes/ results

Present Moment

- Mind Absent of consequences

1. Know Yourself

- Pitch to strengths
- Be who YOU are
- One at a time

2. Confidence

- You WILL win; You are better prepared
- Every pitch is/was purposeful
- Mistake? - reset - meant to do it
- Win pre-pitch, win pitch, re-set = Win AB
- Routines win
- Be aggressive; Never "feel"
- Consistent positivity

3. Trust

- Have conviction in every pitch
NO DOUBTS
- Act, don't hope
- Trust what you have - your stuff
- You are better



Red Lights → STOP

Yellow Lights → BE AWARE

Green Lights → GO

Routines: *Definition- A sequence of actions regularly followed*

Why?

- By having a routine, you are less likely to think results and more likely to focus on the process, on pitch at a time.
- A routine occupies your mind with what's important.

How?

- Sequence of actions
- Breath on a focal point, imagery/positive self talk

Refocus Routine

- Pre AB/Yellow Light situation
- Quicker, less elaborate than a *Release*
ex: deep breath on focal point (ie-glove logo) before stepping on rubber

Release Routine

- In Red Light situations
- Longer, more elaborate than *Refocus*
ex: 1 circle around mound, sweep dirt off rubber-3 kicks, stand behind rubber, deep breath on glove string, positive self talk "Let's go," step on rubber



Individual Mental Game Plan

Player Name _____

*Both routines should:

- 1) Be specific and detailed
- 2) Include a specific focal point. (ie - glove logo or lace, shoe lace tip, sign in OF, etc.)
- 3) Include a deep breath on that focal point.
- 4) Include specific positive self talk (ie - a specific phrase) and/or positive imagery.
- 5) Be a clear set of steps. I should be able to tell whether you are doing it or not.

Refocus Routine

Release Routine

Mechanics



- Mechanically, everything starts with and is typically a result of the feet
- **Strength is your foundation**
- Mechanical absolutes:
 - 1) Flat/Stable foot at leg lift
 - 2) Stable and strong at SFC (Stride Foot Contact)
 - 3) Mirror the slope/ Ride the slide
 - 4) Rotational & Linear
 - 5) Create POWER with your HIPS
 - 6) Fluid arm action
- Even though we will train these absolutes.....Mechanics are unique and nobody should or will look the same
- Training Mechanics:
 - Internal cues rarely work and half the time they are difficult to understand....
(ie "Keep your shoulder closed" "Stay on top of the ball")
 - External cues put you in an environment to get to where we want you to be.
 - Internal cues cause you to consciously think, External cues force the desired movement to happen
 - Both will be used at times, but it is YOUR job to make coaches aware if you are confused or don't understand something

GETTING INTO POWERFUL POSITIONS AT THE START OF THE DELIVERY



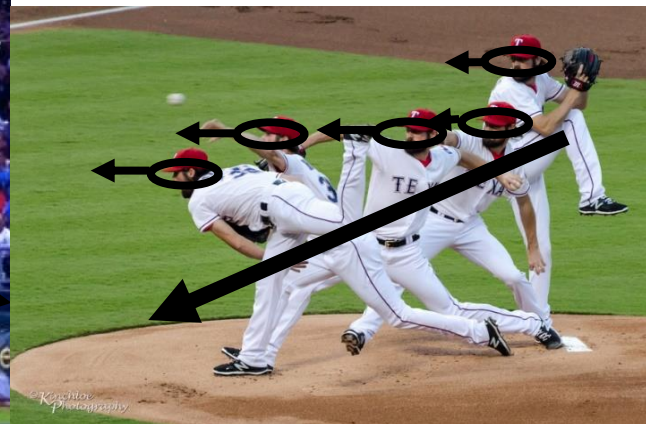
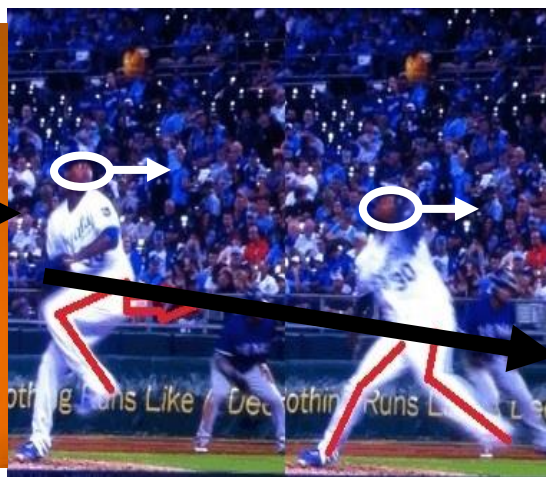
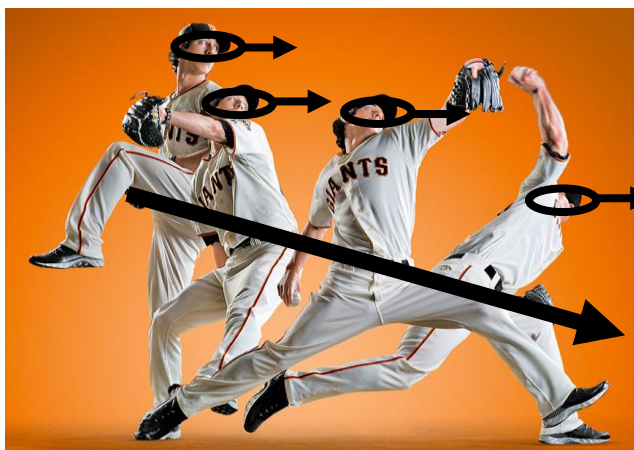
Leg Lift- the delivery truly begins AFTER leg lift, when the lead legs starts to drop. Leg lift is simply to gather, and ensure control at start of delivery

Stable/ Flat Back Foot- Weight should be even in middle of foot to have stability in back leg

Near Perpendicular Shin Angle- back knee should remain nearly over back foot to create power and energy into the back glute/hip;
knee should not go too far over toes (creates “push” and takes away from rotation, or too far inward too early (leaks energy)

Mirror the Slope- use gravity to create momentum down the mound with the center, and accrue energy into the glute/hips until aggressive rotation

WORKING DOWN THE MOUND- MOMENTUM/POWER



Mirror the Slope- Use gravity to create momentum down the mound with the body's center.

"Ride the slide"

GRAVITY IS YOUR FRIEND - Use it!!

Eyes- Eyes should remain on the target the entire time. Your body organizes itself based on a task;

The most simply put task in pitching is to throw the ball to a target.

Keeping your eyes on the target throughout your delivery not only aids in command, but also enhances focus and control of your body, resulting in more efficient mechanics.

Stride Length- Stride length should never be a goal. Stride length is simply a result of efficiency.

Some pitchers can efficiently get further down the mound, some can not.

Stride length is a "what," not a "why"

Torso Stacking- As you work down the slope, your head should remain over the back hip as long as efficiently possible, creating linear rotation

*Linear Rotation - rotational power (hips) while creating linear momentum (down the mound)

ROTATION



*Torso Stacking/ Linear Distraction (rotation)



*Hip Rotation Leading the total rotation of the body into the throw, while the shoulders stay closed

*Pitching is Rotational AND
Linear
Rotation = Power
Linear = Direction

•Hips → torso/shoulders → arm



*Both shoulder & Hips Closed

*Hips starting to rotate & open

*Torso/Shoulder/Arms follow pelvis (hips) in rotation

*Linear Distraction (Rotation)
throughout entirety of the
delivery

Linear Distraction (Rotation)- Linear Distraction occurs when the head stays back, as the hips move forward.

We want the head to stay back as long as efficiently possible- aids in back hip/glute load and overall dynamic balance.

Hip Rotation- Rotation of the body begins with the hips, and specifically the back glute.

The posterior chain (back side) is responsible for the function of rotation.

Avoid pushing or trying to “drive” to create power. Rotation = velocity.

Let the back glute/hips start the rotation and let the shoulders and then arm follow.

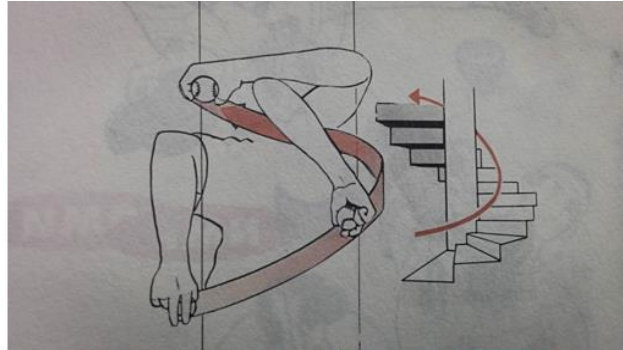
Contralateral tilt (opp. side we are moving) might occur - make sure it does not throw rest of body out of sync.

“FINISH”



Rotation Creates Lead Leg “Block”- After stride foot contact, continued rotation around the front side will naturally extend the front leg. With proper continued rotation through the delivery it is nearly impossible for this not to happen. Lack of a lead leg block typically results from a lack of rotation, inefficient movement down the mound throughout the delivery elsewhere, or a strength/mobility deficiency. The lead leg block is not something that should have to be forced.

ARM ACTION



Continuous Motion- An ideal arm path, is one that is fluid and continues moving through the entirety of the glove break to ball release, without any pauses or stops. Momentum should be gained throughout

Elbow Spiral- The arm path should start with the scap be lead by the elbow