

## Pitcher's Instructions- 13/14

### General Rules

- 1) Break a sweat
- 2) Shoulder Stretches
- 3) Throwing program
- 4) Rotator Cuff strengthening
- 5) Shoulder stretches
- 6) Ice for 20 min.

### Warm-up

- Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warmup distance for that workout.

### Soreness Rules

- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warmup but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warmup and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.
- If no soreness, advance one step every throwing day.

#### **A. Baseline/ Preseason**

- to establish a base for training and conditioning, begin with step 3 and advance one step daily to step 13 following soreness rules.

#### **B. Non-throwing arm injury**

- After medical clearance, begin step 3 and advance one step daily to step 16 following soreness rules.

#### **C. Throwing arm- Bruise or bone involvement**

- After medical clearance, begin with step 1 and advance program as soreness rules allow throwing every other day.

#### **D. Throwing arm- Tendon/ Ligament injury (Mild)**

- After medical clearance, begin with step 1 and advance program to step 4 throwing every other day as soreness rules allow.
- Throw every third day on steps 5-8 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 9-16.

#### **E. Throwing arm- Tendon/Ligament injury (Moderate, severe, or post op)**

- After medical clearance, begin throwing at step 1.
- For steps 1-4, advance no more than 1 step every 3 days with 2 days of active rest (warmup and long tosses) following each workout.
- Steps 5-8 advance no more than 1 step every 3 days with 2 days active rest (see step 10) following each workout.
- Advance steps 9-16 daily as soreness rules allow.

## 13/14 YEAR OLD BASEBALL PITCHERS INTERVAL THROWING PROGRAM

### Phase I- Beginning throwing

All throws are at 50% effort

- STEP 1     WARM-UP TOSS TO 60'  
              15 THROWS AT 20' \*  
              15 THROWS AT 20' \*  
              15 THROWS AT 20'  
              20 LONG TOSSES TO 60'
- STEP 2     WARM-UP TOSS TO 75'  
              15 THROWS AT 30' \*  
              15 THROWS AT 30' \*  
              15 THROWS AT 30'  
              20 LONG TOSSES TO 75'
- STEP 3     WARM-UP TOSS TO 90'  
              15 THROWS AT 45' \*  
              15 THROWS AT 45' \*  
              15 THROWS AT 45'  
              20 LONG TOSSES TO 90'
- STEP 4     WARM-UP TOSS TO 105'  
              15 THROWS AT 60' \*  
              15 THROWS AT 60' \*  
              15 THROWS AT 60' \*  
              20 LONG TOSSES TO 105'

### Phase III- Intensified pitching

- STEP 9     WARM-UP TOSS TO 120'  
              10 FASTBALLS (75%)  
              10 FASTBALLS (100%) \*  
              15 FASTBALLS (75%)  
              10 FASTBALLS (100%) \*  
              10 FASTBALLS (75%)  
              10 FASTBALLS (100%) \*  
              15 FASTBALLS (75%) \*  
              25 LONG TOSSES TO 160'
- STEP 10    (ACTIVE REST)  
              WARM-UP TOSS TO 120'  
              30 THROWS AT 60' (75%)  
              15 THROWS AT 80' (75%) \*  
              20 THROWS AT 60' (75%)  
              15 THROWS AT 80' (75%) \*  
              20 LONG TOSSES TO 160'

### Phase II- Return to pitching

Fastballs are from the mound

- STEP 5     WARM-UP TOSS TO 120'  
              20 FASTBALLS (50%) \*  
              20 FASTBALLS (50%) \*  
              20 FASTBALLS (50%) \*  
              25 LONG TOSSES TO 120'
- STEP 6     WARM-UP TOSS TO 120'  
              20 FASTBALLS (50%) \*  
              15 FASTBALLS (50%) \*  
              15 FASTBALLS (75%) \*  
              20 FASTBALLS (50%) \*  
              25 LONG TOSSES TO 160'
- STEP 7     WARM-UP TOSS TO 120'  
              20 FASTBALLS (50%) \*  
              20 FASTBALLS (75%) \*  
              15 FASTBALLS (75%) \*  
              20 FASTBALLS (50%) \*  
              25 LONG TOSSES TO 160'
- STEP 8     WARM-UP TOSS TO 120'  
              15 FASTBALLS (75%) \*  
              20 FASTBALLS (100%) \*  
              20 FASTBALLS (75%) \*  
              20 FASTBALLS (50%) \*  
              25 LONG TOSSES TO 160'
- STEP 11    WARM-UP TOSS TO 120'  
              15 FASTBALLS (75%)  
              5 OFF SPEED PITCHES \*  
              15 FASTBALLS (100%) \*  
              20 FASTBALLS (100%) \*  
              15 FASTBALLS (100%)  
              5 OFF SPEED PITCHES \*  
              15 FASTBALLS (75%) \*  
              25 LONG TOSSES TO 160'
- STEP 12    WARM-UP TOSS TO 120'  
              20 FASTBALLS (75%)  
              5 OFF SPEED PITCHES \*  
              20 FASTBALLS (100%)  
              5 OFF SPEED PITCHES \*  
              20 FASTBALLS (100%)  
              5 OFF SPEED PITCHES \*  
              20 FASTBALLS (75%)  
              5 OFF SPEED PITCHES \*  
              10 PICKOFF THROWS TO 1<sup>ST</sup>  
              25 LONG TOSSES TO 160'

\* REST 6 MINUTES AFTER THESE SETS

STEP 13 WARM-UP TOSS TO 120'  
15 FASTBALLS (75%)  
5 OFF SPEED PITCHES \*  
20 FASTBALLS (100%)  
5 OFF SPEED PITCHES \*  
20 FASTBALLS (100%)  
5 OFF SPEED PITCHES \*  
20 FASTBALLS (100%)  
5 OFF SPEED PITCHES \*  
15 FASTBALLS (75%)  
5 OFF SPEED PITCHES \*  
5 PICKOFF THROWS TO 1<sup>ST</sup>  
5 PICKOFF THROWS TO 2<sup>ND</sup>  
25 LONG TOSSES TO 160'

STEP 14 (ACTIVE REST)  
REPEAT STEP 10

STEP 15 BATTING PRACTICE  
100-120 PITCHES  
FIELD BUNTS AND COMEBACKS

STEP 16 SIMULATED GAME

SIMULATED GAME

- 1) 10 MIN. WARM-UP OF 50-80 PITCHES WITH GRADUALLY INCREASING VELOCITY
- 2) 4-6 INNINGS
- 3) 17-25 PITCHES PER INNING, INCLUDING 12-17 FASTBALLS
- 4) 6 MIN. REST BETWEEN INNINGS

\* REST 6 MINUTES AFTER THESE SETS