

PITCH SMART PRESEASON THROWING PROGRAM

- In order to safely build up arm strength after resting your arm for the recommended period per year, we've put together a few general guidelines for preseason throwing programs by age.
- These guidelines were created for the use of healthy throwers preparing for their upcoming season. Players who are returning to play from an injury should consult their doctor as part of their rehabilitation plan.
- Players should progress at their own pace and only throw at distances and for quantities at which they are comfortable.
- Players should start out throwing at short distances and gradually increase distance and intensity of throws over the course of the session and during the latter weeks of the progression.
- Players should start every throwing session by playing catch ("interval throwing") before moving to flat-ground pitching and mound pitching when applicable.

	DESCRIPTION	TIPS
<i>STEP ONE:</i> INTERVAL THROWING	<ul style="list-style-type: none"> ▪ Playing catch with a purpose to gradually warm up and increase your throws in terms of intensity and distance 	<ul style="list-style-type: none"> ▪ Focus on hitting target in chest with each throw ▪ Always gain forward momentum toward target with a crow hop at longer distances ▪ Players should only throw at distances at which they feel comfortable and can maintain proper biomechanics ▪ After reaching that maximum distance at which the player feels comfortable, make ten throws at that distance before gradually moving back toward your throwing partner
<i>STEP TWO:</i> FLAT-GROUND PITCHING	<ul style="list-style-type: none"> ▪ Players throw from the pitching motion off flat-ground to gain feel for timing and consistent mechanics 	<ul style="list-style-type: none"> ▪ Throw out of the stretch delivery ▪ Partner should be in the catcher (squatting) position ▪ Focus on hitting target in catcher's glove
<i>STEP THREE:</i> MOUND PITCHING	<ul style="list-style-type: none"> ▪ Players throw from mound to get comfortable with throwing on downward slope and locating pitches 	<ul style="list-style-type: none"> ▪ Throw out of stretch and wind-up delivery ▪ Focus on locating pitches to specific areas of the strike zone (inside/outside, high/low) ▪ Use a stand-in batter toward the end of your sessions when possible

PITCH SMART PRESEASON THROWING PROGRAM

	AGES 9-10	AGES 11-12	AGES 13-14	AGES 15-18
LENGTH OF PROGRESSION	3-4 WEEKS	3-4 WEEKS	4-6 WEEKS	6-8 WEEKS
# OF THROWING SESSIONS PER WEEK*	2-3	2-3	3-4	3-4
# OF MOUND SESSIONS BEFORE SEASON	2-3	2-3	4-5	5-6
# OF PITCHES IN SINGLE SESSION BEFORE SEASON	20-25 (FASTBALL + CHANGEUP ONLY)	20-25 (FASTBALL + CHANGEUP ONLY)	30-40 (ALL PITCHES)	50-60 (ALL PITCHES)
NOTES	<ul style="list-style-type: none"> Players should spend 1-2 weeks with interval throwing only after which they can begin to incorporate flat-ground pitching and mound pitching into their routines Start each session with interval throwing and add flat-ground pitching to one session per week and mound pitching to one of the other sessions in each week Avoid throwing on consecutive days 	<ul style="list-style-type: none"> Players should spend 1-2 weeks with interval throwing only after which they can begin to incorporate flat-ground pitching and mound pitching into their routines Start each session with interval throwing and add flat-ground pitching to one session per week and mound pitching to one of the other sessions in each week Avoid throwing on consecutive days By the end of the progression, pitchers should be comfortable throwing 20-25 fastballs and change ups off the mound 	<ul style="list-style-type: none"> Players should spend 2-3 weeks with interval throwing only after which they can begin to incorporate flat-ground pitching and mound pitching into their routines Players should start with one mound pitching session per week and build up to two sessions per week during the latter stages of the progression Avoid throwing on three consecutive days 	<ul style="list-style-type: none"> Players should spend 2-3 weeks with interval throwing only after which they can begin to incorporate flat-ground pitching and mound pitching into their routines Players should start with one mound pitching session per week and build up to two sessions per week during the latter stages of the progression Avoid throwing on more than three consecutive days Player should take a break from all throwing for 3-4 days during the middle of the progression

* INCLUDES DAYS WITH FLAT-GROUND PITCHING AND MOUND PITCHING



SAMPLE THROWING PROGRAM BY AGE GROUP

	AGES 9-10 & 11-12	AGES 13-14	AGES 15-18	
WEEK 1	<ul style="list-style-type: none"> Interval Interval Interval 	<ul style="list-style-type: none"> Interval Interval Interval Interval 	<ul style="list-style-type: none"> Interval Interval Interval Interval 	
WEEK 2	<ul style="list-style-type: none"> Interval Interval/Flat Interval 	<ul style="list-style-type: none"> Interval Interval/Flat Interval Interval 	<ul style="list-style-type: none"> Interval Interval/Flat Interval Interval 	
WEEK 3	<ul style="list-style-type: none"> Interval/Flat Interval/Mound Interval 	<ul style="list-style-type: none"> Interval Interval/Flat 3-DAY BREAK 	<ul style="list-style-type: none"> Interval/Flat Interval Interval/Flat Interval 	
WEEK 4	<ul style="list-style-type: none"> Interval/Flat Interval/Mound Interval 	<ul style="list-style-type: none"> Interval Interval/Flat Interval 	<ul style="list-style-type: none"> Interval Interval/Flat/Mound 	
WEEK 5	SEASON	<ul style="list-style-type: none"> Interval/Flat Interval/Flat/Mound Interval Interval 	<ul style="list-style-type: none"> Interval Interval/Flat Interval/Flat 	
WEEK 6		<ul style="list-style-type: none"> Interval/Flat/Mound Interval Interval Interval/Flat/Mound 	<ul style="list-style-type: none"> Interval Interval/Flat/Mound Interval/Flat 	
WEEK 7		SEASON	<ul style="list-style-type: none"> Interval Interval/Flat/Mound Interval 	<ul style="list-style-type: none"> Interval/Flat Interval
WEEK 8			<ul style="list-style-type: none"> Interval/Flat/Mound Interval/Flat Interval 	<ul style="list-style-type: none"> Interval/Flat/Mound Interval

* EACH BULLET DENOTES THE THROWING PROTOCOL FOR A SINGLE DAY

9-12 YEAR OLD SAMPLE PROGRAM – SIMPLE VERSION

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<ul style="list-style-type: none"> ▪ INTERVAL 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL
WEEK 2	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL ▪ FLAT GROUND 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL
WEEK 3	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL ▪ FLAT GROUND 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL ▪ MOUND 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL
WEEK 4	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL ▪ FLAT GROUND 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL ▪ MOUND 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ NO THROWING 	<ul style="list-style-type: none"> ▪ INTERVAL

13-14 YEAR OLD SAMPLE PROGRAM – SIMPLE VERSION

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL
WEEK 2	▪ INTERVAL	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL
WEEK 3	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ INTERVAL	<i>MID-PROGRESSION BREAK</i>		
WEEK 4	▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND
WEEK 5	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL
WEEK 6	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND	▪ INTERVAL	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND

15-18 YEAR OLD SAMPLE PROGRAM – SIMPLE VERSION

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	▪ INTERVAL	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL
WEEK 2	▪ INTERVAL	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL
WEEK 3	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING	▪ INTERVAL
WEEK 4	<i>MID-PROGRESSION BREAK</i>				▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING
WEEK 5	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND
WEEK 6	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ NO THROWING	▪ INTERVAL	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND
WEEK 7	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ INTERVAL
WEEK 8	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND	▪ INTERVAL	▪ NO THROWING	▪ INTERVAL ▪ FLAT GROUND ▪ MOUND	▪ INTERVAL