

Generals Baseball Throwing Program

Focus: **GENERAL THROWING**

Athlete: GHS Pitcher

Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On-Ramp 1	Full Plyos B	Recovery	Full Plyos B	Recovery	OFF	Full Plyos B	Recovery
On-Ramp 2	Full Plyos B	Recovery	Full Plyos B	Recovery	OFF	Full Plyos B	Recovery
On-Ramp 3	Full Plyos B	Recovery	Full Plyos A	Recovery	OFF	Full Plyos B	Recovery
On-Ramp 4	Full Plyos A	Recovery	Full Plyos A	Recovery	OFF	Full Plyos B	Recovery
On-Ramp 5	Full Plyos A	Recovery	Full Plyos A	Recovery	OFF	Full Plyos B	Recovery
Velocity 1	Full Plyos A	Recovery	Plyo Testing (mound)	Recovery	OFF	Full Plyos B	Recovery
Velocity 2	Full Plyos A	Recovery	Pulldown (short)	Recovery	OFF	Full Plyos C	Recovery
Velocity 3	Full Plyos A	Recovery	Pulldown (short)	Recovery	OFF	Full Plyos C	Recovery
Velocity 4	Full Plyos A	Recovery	Mound Velo	Recovery	OFF	Full Plyos C	Recovery
Deload 1	Full Plyos B	Recovery	Full Plyos A	Recovery	Full Plyos B	Recovery	OFF
Deload 2	Full Plyos A	Recovery	Full Plyos B	Recovery	Full Plyos C	Recovery	OFF
Mound Blend 1	Full Plyos B	Recovery	Full Plyos C	Recovery	OFF	Full Plyos B	Recovery
Mound Blend 2	Full Plyos C	Recovery	Full Plyos B	Recovery	OFF	Full Plyos C	Recovery
Pitch Design 1	Recovery	OFF	Pitch Design	Recovery	Full Plyos B	Recovery	Full Plyos C
Pitch Design 2	Recovery	OFF	Pitch Design	Recovery	Full Plyos B	Recovery	Live ABs
Live ABs 1	Full Plyos B	Recovery	Pitch Design	Recovery	OFF	Live ABs	Recovery
Live ABs 2	Recovery	OFF	Live ABs	Recovery	OFF	Full Plyos B	Pitch Design

Athlete Goals:

- Establish and refine routines
- Manage and increase workload
- Build arm strength
- Gain velocity
- Improve command

Notes:

- Keep throwing target slightly to arm side and eye level with plyos
 - Pay attention to effort levels for the day!
 - If your arm is sore on an 'A' day after the warm-up, do a 'B' day instead
 - Sub Walking Wind-Ups/mound work for position accuracy work with same reps/balls:
- [Throw-down \(Catchers\)](#)
[Backhand & Fire \(Infield\)](#)
[One-Step Crow Hop \(OF\)](#)

Homework:

- Send (1) video per week to Coach Fisher
- Cell: 503-867-3182

1. Warm Up

- 5-7 min DAILY**
1. Foam Roll
 2. Soft Tissue – as needed
 3. J-Band Series
 4. Dynamic Warm-Up
 5. Greenie Series
- a. Toss-Ups
 b. Drop Catch ATR
 c. Shake Series
 d. Reverse Throws
 6. Wrist Weights (optional)

2. Med Balls

- DAILY pre-throw**
- Drill**
- | | |
|--|------|
| 1. Split-stance anti-rotation scoop toss | Reps |
| 3 x 4-5 reps | |
| 2. Step-behind shot put throw | Reps |
| 3 x 4-5 reps | |
| 3. Split-stance rollover stomp to floor | Reps |
| 3 x 4-5 reps | |

4. Post-Throwing Recovery Circuit

1. Rebounders (mini trampoline) – Black x15, Green x15
2. Band Pull-aparts
3. Walter Walks – Wrist Weight + Black ball x 20 yds
4. 6-Way Band Forearms 1 x 20 reps (light)
5. (OPTIONAL) Shoulder Tube 1 x 10 sec each

Tools Needed:

1. J-Bands
2. Green Plyo Ball (full set is best)
3. Net or Wall or Catch Partner

3. Drill Work & Throwing

See the Calendar and Throwing Days -->

FAQ's

Can I long toss inside into a net?

Yes, but only as a last resort. This isn't nearly as effective as you can't see the arc of the ball out of the hand and make adjustments.

Can I throw plyos into a net?

Yes. This is actually recommended for guys who cut the ball. For everyone else, the wall provides nice audio feedback which the net doesn't provide.

What if I don't have plyo balls?

Using just a baseball is ok. A green plyo is required to own - ask Kabza if you don't have one.

Throwing Drill Videos

Reverse Throws	https://www.youtube.com/watch?v=FqWnFDQWgY	Other Videos:	
Pivot Pickoffs	https://www.youtube.com/watch?v=F1duSfS1_Yk1s	Lasso Drill	Step-Back Slide Step
Roll-ins	https://www.youtube.com/watch?v=9uQd8oCgdw&feature=youtu.be	Ten-foes (abbreviated)	Sliding Hinge Drill
Rocker Drill	https://www.youtube.com/watch?v=PS3Mlemlno	Pivot Pickoffs (abbreviated)	Kettlebell Feels Drill
Walking Wind-Ups	https://www.youtube.com/watch?v=9zmqjgDd8	Ten-foes (full arm action)	Turn & Fire Bauer Drill
Pulldowns	https://youtu.be/WDY2PtbCvok?e=18s	Pivot Pickoffs (full arm act)	Dynamic Rocker Drill
Step-Back Roll Ins	https://youtu.be/yH8M2v8N8A	Rhythm Rocker	Step-Back Delivery
Sample Drill Modifications	https://www.youtube.com/watch?v=xK5G8eAwaA&feature=youtu.be	Ten-foes (full hip turn)	Walking Wind-Ups
Position Throw	Substitute flat/mound work for position accuracy work: running crow hop to bases (OF), backhand to target (IF) and throw to 2B (C). Use same reps/balls.		
Position Player Videos	Throw-down (Catchers) Backhand & Fire (Infield) One-Step Crow Hop (OF)		



Throwing Days

Light / Recovery

Used following higher intensity days or early in on ramping. Work on patterning, and listen to your arm. Keep the intensity relatively low.

Half Plyos 'A'	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10 each	1	Light catch	Stick to the under 70% effort. "Feel good day" meant to restore ROM and loosen arm. Choose between Half Plyos B or A based on how you feel
Pivot Pickoffs	Green/Blue	8-10 each	1-2		

Half Plyos 'B'	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10 each	1	Light catch	Stick to the under 70% effort. "Feel good day" meant to restore ROM and loosen arm. Choose between Half Plyos B or A based on how you feel
Pivot Pickoffs	Green/Blue	8-10 each	1-2		
Roll-ins	Blue/Red	3-5 each	1-2		
Choice Drill @50-70%	Red/Yellow	3-5 each	1-2		

Moderate / Hybrid

Used on moderate effort days. Work up to 60-85% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %.

Full Plyos 'A' (heavy)	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10 each	1	Max Long Toss	Work up to 70-85% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %.
Pivot Pickoffs	Green/Blue	8-10 each	1-2		
Roll-ins	Blue/Red	3-5 each	1-2		
Rocker Drill	Blue/Red/Yellow	3-5 each	1-2		
Walking Wind-Ups	Red/Yellow	3-5 each	1-2		
Full Delivery (flat)	Red/Yellow	3-5 each	1-2		

Full Plyos 'B' (light)	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10	2	70-90% LT distance	Moderate, 50-70% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %.
Pivot Pickoffs	Green/Blue	8-10 each	1-2		
Roll-ins	Red/Yellow/Grey	3-5 each	1-2		
Step Back / Drop Step	Red/Yellow/Grey	3-5 each	1-2		
Walking Wind-Ups	Red/Yellow/Grey	3-5 each	1-2		
Full Delivery (flat)	Yellow/Grey	3-5 each	1-2		

Full Plyos 'C' (mound)	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10	2	Max Long Toss	All Plyo Drills to be done on mound. Work up to 70-85% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %.
Pivot Pickoffs	Green/Blue	8-10 each	1-2		
Roll-ins	Red/Yellow/Grey	3-5 each	1		
Rocker Drill	Red/Yellow/Grey	3-5 each	1		
Walking Wind-Ups	Red/Yellow/Grey	3-5 each	1		
Roll-ins (mound)	Red/Yellow/Grey	3-5 each	1		
Rocker Drill (mound)	Red/Yellow/Grey	3-5 each	1		
Walking Windups (mound)	Red/Yellow/Grey	3-5 each	1		
Full Delivery (mound)	Red/Yellow/Grey	3-5 each	1		

High Output / Testing

Within your warm-up & plyocare routine, find different ways to move fast and throw hard. Find what works best for you.

Plyo Testing (flat)	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10	2	Optional	All Plyo Drills to be done on flat ground. Radar each throw, working up to 100% effort and recording throws
Pivot Pickoffs	Blue/Red/Yellow	8-10 each	1		
Roll-ins	Red/Yellow/Grey	3-5 each	1		
Rocker Drill	Red/Yellow/Grey	3-5 each	1		
Walking Windup	Red/Yellow/Grey	3-5 each	1		
Roll-ins (MAX)	Red/Yellow/Grey	2 each	1		
Rocker Drill (MAX)	Red/Yellow/Grey	2 each	1		
Walking Windup (MAX)	Red/Yellow/Grey	2 each	1		
Full Delivery (MAX)	Red/Yellow/Grey	2 each	1-2		

Plyo Testing (mound)	Weights	Reps	Sets	Catch Play	Notes
Reverse Throws	Black/Green	10	2	Max Long Toss	All Plyo Drills to be done on mound. Radar each throw, working up to 100% effort and recording throws
Pivot Pickoffs	Blue/Red/Yellow	8-10 each	1		
Roll-ins	Red/Yellow/Grey	3-5 each	1		
Rocker Drill	Red/Yellow/Grey	3-5 each	1		
Walking Windup	Red/Yellow/Grey	3-5 each	1		
Roll-ins (MOUND 100%)	Red/Yellow/Grey	2 each	1		
Walking Windup (MOUND 100%)	Red/Yellow/Grey	2 each	1-2		
Full Delivery (MOUND 100%)	Red/Yellow/Grey	2 each	1-2		