

## IN-SEASON THROWING ROUTINE FOR PITCHERS 15-16 YEARS OLD

### 90 PITCH OUTING

Day of the Week	Plan
Sunday	Rest (Option for Light Catch or NO catch)
Monday	Light Catch, Delivery Work (Towel, Mirror Work)
Tuesday	Long Toss Routine, Bullpen = 35 Pitches (Arm Care Routine After)
Wednesday	Light Catch
Thursday	Long Toss Routine OR Bullpen = 35 Pitches (Arm Care Routine After)
Friday	Light Catch
Saturday	Game **90 Pitches** (Arm Care Routine After )

**\*\*PLEASE NOTE, THIS IS FOR A PITCHER REACHES HIS 90 PITCH COUNT LIMIT.  
LIMIT THIS PITCHER TO ONCE PER WEEK.**

### 50 PITCH OUTING

Day of the Week	Plan
Sunday	Rest (Option for Light Catch or NO catch)
Monday	Long Toss Routine, Delivery Work (Towel, Mirror Work)
Tuesday	Bullpen = 35 Pitches (Arm Care Routine After)
Wednesday	Light Catch, Available for 1 Inning
Thursday	Light Catch, Ready for Game
Friday	Light Catch, Ready for Game
Saturday	Game **50 Pitches** (Arm Care Routine After)

**\*\*PLEASE NOTE, THIS IS FOR A PITCHER WHO THROWS 50ISH PITCHES.  
THIS PITCHER MAY THROW TWICE THIS WEEK BUT NEEDS AT LEAST 3 DAYS OFF AFTER A  
50 PITCH APPEARANCE.**

### 30 PITCH OUTING

Day of the Week	Plan
Sunday	Rest (Option for Light Catch or NO catch)
Monday	Long Toss Routine, Bullpen = 35 Pitches (Arm Care Routine After)
Tuesday	Light Catch, Ready for Game, if no game, Delivery Work (Towel, Mirror Work)
Wednesday	No game day before, then Long Toss Routine before game & Ready for Game
Thursday	Light Catch, Ready for Game
Friday	Light Catch, Ready for Game
Saturday	Game **30 Pitches** (Arm Care Routine After Done Pitching)

**\*\*PLEASE NOTE, THIS IS FOR A PITCHER WHO THROWS 30ISH PITCHES.  
THIS PITCHER MAY THROW UP TO THREE THIS WEEK BUT NEEDS AT LEAST 2 DAYS OFF  
AFTER A 30 PITCH APPEARANCE.**

## LONG TOSS ROUTINE

Distance	# of Throws and Effort
50 ft	5 throws 50 % effort (Have an arc on the ball)
60 ft	3 throws 60 % effort (Have an arc on the ball)
70 ft	3 throws 60 % effort (Have an arc on the ball)
85 ft	3 throws 60 % effort (Have an arc on the ball) CROW HOP
100 ft	3 throws 70 % effort (Have an arc on the ball) CROW HOP
115 ft	3 throws 70 % effort (Have an arc on the ball) CROW HOP
130 ft	3 throws 70 % effort (Have an arc on the ball) CROW HOP
145 ft	3 throws 80 % effort (Have an arc on the ball) CROW HOP
160 ft	3 throws 80 % effort (Have an arc on the ball) CROW HOP
185 ft	3 throws 90 % effort (Have an arc on the ball) CROW HOP
200 ft	3 throws 100 % effort (Have an arc on the ball) CROW HOP
185 ft	3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP
160 ft	3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP
145 ft	3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP
130 ft	3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP
115 ft	3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP
95 ft	10-15 CH's. Must have FB arm speed. CROW HOP
Spin Drill (40 ft)	Spin 10 Curveballs/Sliders
55 ft	If possible, 15 pitch flat ground work (5 FB, 5 CH & 5 CB/SL)

**\*\*Please note, it is ok to slowly work your way back. No need to throw three at one distance and then go back 10 feet, although they can if they would like.**

**If done correctly, this whole routine should take no longer than 15 minutes.**

**Teach the players to listen to their arm. If they are a little sore, it's ok to take it a little easier.**

## BULLPEN ROUTINE

Windup/Stretch	Type of Pitch	Location	Quantity
Stretch	Fastball	Glove Side	3 Down, 1 Up
Stretch	Fastball	Middle	1
Stretch	Fastball	Arm Side	3 Down, 1 Up
Stretch	Change Up	Middle	3
Stretch	Fastball	Middle	1
Stretch	CB/SL	Middle	3
Stretch	Fastball	Players Choice	1
Windup	Fastball	Glove Side	3 Down, 1 Up
Windup	Fastball	Middle	1
Windup	Fastball	Arm Side	3 Down, 1 Up
Windup	Change Up	Middle	3
Windup	Fastball	Middle	1
Windup	CB/SL	Middle	3
Windup	Fastball	Players Choice	1
Face a Hitter	Various	Players Choice	Strike Him Out!
<b>Total Pitches</b>			<b>34 + Hitter</b>

**\*\*If a pitcher only throws from the windup or stretch, just have them do the whole routine from that position.  
Glove Side/Arm Side = If a pitcher is standing square on the rubber facing the plate, the side his glove is on is his "Glove Side" and his throwing hand side is his "Arm Side".**

**Have purpose and intent with each pitch. Have a plan!**