

IN-SEASON THROWING ROUTINE FOR PITCHERS 13-14 YEARS OLD

75+ 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 **75 Pitches** (Arm Care Routine After) |

****PLEASE NOTE, THIS IS FOR A PITCHER REACHES HIS 75+ 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) |
| 80 ft | 3 throws 60 % effort (Have an arc on the ball) |
| 90 ft | 3 throws 70 % effort (Have an arc on the ball) CROW HOP |
| 100 ft | 3 throws 70 % effort (Have an arc on the ball) CROW HOP |
| 110 ft | 3 throws 70 % effort (Have an arc on the ball) CROW HOP |
| 120 ft | 3 throws 80 % effort (Have an arc on the ball) CROW HOP |
| 130 ft | 3 throws 80 % effort (Have an arc on the ball) CROW HOP |
| 140 ft | 3 throws 90 % effort (Have an arc on the ball) CROW HOP |
| 155 ft | 3 throws 100 % effort (Have an arc on the ball) CROW HOP |
| 120 ft | 3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP |
| 110 ft | 3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP |
| 100 ft | 3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP |
| 80 ft | 3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP |
| 90 ft | 3 throws 100 % effort (Throw the ball on a line, good extension) CROW HOP |
| 80 ft | 10-15 CH's. Must have FB arm speed. CROW HOP |
| Spin Drill | 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! |
| Total Pitches | | | 34 + Hitter |

****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!