



Differential Command Program

Program Notes

This program is to be used with: [Driveline Command Training Balls](#)

Effort: Program to be executed minimum 1-2 times per week with at least 70% effort. Can replace high intent days / mound work.

Progression: If a pitcher executes at least 50% strikes for any program block, progress them to the next block. If not, go by week.

Note on Overweight/Underweight Focus: Use them after week 8 to target specific types of misses.

| Weeks 1-2: Weight Focus | | | | |
|-------------------------|-----|-----|-----|-----|
| Set 1 | 5oz | 6oz | 5oz | 4oz |
| Set 2 | 5oz | 6oz | 5oz | 4oz |
| Set 3 | 5oz | 6oz | 5oz | 4oz |
| Set 4 | 5oz | 6oz | 5oz | 4oz |

| Weeks 3-4: Size Focus | | | | |
|-----------------------|-----------|----------|-----------|----------|
| Set 1 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, -5% |
| Set 2 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, -5% |
| Set 3 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, -5% |
| Set 4 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, -5% |

| Weeks 5-6: Combo - Size Forward | | | | |
|---------------------------------|-----------|----------|-----------|----------|
| Set 1 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, -5% |
| Set 2 | 6oz, Reg. | 6oz, +5% | 6oz, Reg. | 6oz, -5% |
| Set 3 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, -5% |
| Set 4 | 4oz, Reg. | 4oz, +5% | 4oz, Reg. | 4oz, -5% |

| Weeks 7-8: Combo - Weight Forward | | | | |
|-----------------------------------|-----------|-----------|-----------|-----------|
| Set 1 | 5oz, Reg. | 6oz, Reg. | 5oz, Reg. | 4oz, Reg. |
| Set 2 | 5oz, +5% | 6oz, +5% | 5oz, +5% | 4oz, +5% |
| Set 3 | 5oz, Reg. | 6oz, Reg. | 5oz, Reg. | 4oz, Reg. |
| Set 4 | 5oz, -5% | 6oz, -5% | 5oz, -5% | 4oz, -5% |

| Overweight, Oversize Focus (if misses cluster high/arm-side) | | | | |
|--|-----------|----------|-----------|----------|
| Set 1 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, +5% |
| Set 2 | 6oz, Reg. | 6oz, +5% | 6oz, Reg. | 6oz, +5% |
| Set 3 | 5oz, Reg. | 5oz, +5% | 5oz, Reg. | 5oz, +5% |
| Set 4 | 6oz, Reg. | 6oz, +5% | 6oz, Reg. | 6oz, +5% |

| Underweight, Undersize Focus (if misses cluster low/glove-side) | | | | |
|---|-----------|----------|-----------|----------|
| Set 1 | 5oz, Reg. | 5oz, -5% | 5oz, Reg. | 5oz, -5% |
| Set 2 | 4oz, Reg. | 4oz, -5% | 4oz, Reg. | 4oz, -5% |
| Set 3 | 5oz, Reg. | 5oz, -5% | 5oz, Reg. | 5oz, -5% |
| Set 4 | 4oz, Reg. | 4oz, -5% | 4oz, Reg. | 4oz, -5% |