

Suggestions For Two Way Players

Trying to address the many different variables that can occur for two way players can be tricky. Therefore, we'll go over a few of the more common scenarios, knowing that most of the questions should be answered if, 1) The 7 Day Progression for Starting Pitchers is followed, 2) The "rule of thumb" for Relief Pitchers is followed), and 3) The Pitch Count Chart is always kept in mind.

Assuming that in all situations the arm was properly warmed up prior to the game (*Arm Care and Long Toss program*), the main two scenarios that will tend to be in question are, 1) What should you do if you "start" the game as a pitcher, and then are asked to play a position if you are taken out of the game, and 2) How should you best prepare to go into the game as a pitcher if you started the game as a position player.

In the scenario where a starting pitcher comes out of the game, the safest thing to do is have the pitcher become the designated hitter (*unless there is only an inning or two left in the game*). If the player stays in the game, we strongly recommend that the player do some band work, especially "*forward throws*", approximately every 10 minutes until the game is over (*and then immediately begin the post-throwing, arm care program*).

The second scenario is a bit more complicated because we always want a pitcher to enter the game on the heels of a great Band work out, and Long Toss session. Naturally, this may not be very practical when you are in the middle of a game, playing a position. But in scenarios where you are able to come out of the game and re-enter (*this may be permissible in High School*), we strongly recommend you come out of the game 2 innings before you are scheduled to come into the game to get a thorough band workout in, some "*extension*" if possible in the bull-pen area (*or by getting the outfielder lose between innings*), and the bull-pen itself (*you can also get the sensation of a pretty good Long Toss session just by doing anywhere from 1 to 2 sets of 25 repetitions of the forward throwing motion with bands*).

We understand where coaches feel like they have to make an unexpected decision to bring a position player in immediately from their position during an inning on defense. Our advice, for starters, is to simply avoid this situation by



always having any player that may have a chance to come in on short notice to do extra band work prior to each inning, especially forward throws.

One other unique scenario to be addressed is when you have a catcher go into pitch or a pitcher go into catch. Naturally, it would be much more ideal for a catcher to go into pitching. But in an ironic kind of way, if a pitcher hadn't thrown that many pitches and had to go into catching it would actually be "*safer*" than going into any other position because of the consistent throwing a catcher does throughout the game.