

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Fastpitch Throwing Program

Phase 1: Offseason

- **Dynamic warm-up:** This should include exercises that increase range of motion and prepare the body for throwing. Some examples include arm circles, shoulder rolls, and leg swings.
- **Long toss:** This is a great way to build arm strength and endurance without putting too much stress on the elbow. Start at a distance of 60 feet and gradually increase the distance as you get stronger.
- **Weighted ball exercises:** These exercises can help to improve the strength and power of the throwing arm. Some examples include weighted ball toss, weighted ball carry, and weighted ball wall drill.
- **Core exercises:** A strong core is essential for preventing arm injuries. Some examples of core exercises include planks, crunches, and sit-ups.
- **Stretching:** Stretching after throwing can help to prevent muscle soreness and improve range of motion.

Phase 2: Preseason

- **Dynamic warm-up:** As in the offseason, this should include exercises that increase range of motion and prepare the body for throwing.
- **Short toss:** This is a good way to start building up arm strength and endurance for game pitching. Start at a distance of 30 feet and gradually increase the distance as you get stronger.
- **Live batting practice:** This is a great way to simulate game conditions and test your arm strength and endurance. Start with a few batters and gradually increase the number of batters as you get stronger.
- **Game pitching:** This is the ultimate goal of any throwing program. Be sure to listen to your body and take rest days when needed.

Phase 3: In-season

- **Dynamic warm-up:** As in the offseason and preseason, this should include exercises that increase range of motion and prepare the body for throwing.
- **Short toss:** This is still a good way to build arm strength and endurance. However, you may need to reduce the number of throws or the distance you throw to avoid fatigue.
- **Live batting practice:** This is still a great way to simulate game conditions and test your arm strength and endurance. However, you may need to reduce the number of batters you face or the number of pitches you throw to avoid fatigue.
- **Game pitching:** This is still the ultimate goal of any throwing program. Be sure to listen to your body and take rest days when needed.

It is important to note that this is just a sample throwing program. You may need to adjust it based on your individual fitness level and goals. It is also important to consult with a qualified pitching coach or trainer before starting any new throwing program.

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Here are some additional tips for fastpitch pitchers:

- Listen to your body and don't push yourself too hard.
- Take rest days when needed.
- Stay hydrated.
- Eat a healthy diet.
- Get enough sleep.
- Warm up and cool down properly before and after throwing.
- Use proper throwing mechanics.
- Avoid throwing in pain.