

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	One Set 10 Great 8	WEIGHTED BALLS <sup>2</sup>	WEIGHTED BALLS <sup>5</sup>	WEIGHTED BALLS <sup>8</sup>	WEIGHTED BALLS <sup>11</sup>	WEIGHTED BALLS <sup>14</sup>
TUESDAY	One Set 10 Great 8	One Set 10 Great 8	(2) Sets 10 Great 8	(2) Sets 15 Great 8	(2) Sets 15 Great 8	(2) Sets 25 Great 8
WEDNESDAY	One Set 10 Great 8	WEIGHTED BALLS <sup>3</sup>	WEIGHTED BALLS <sup>6</sup>	WEIGHTED BALLS <sup>9</sup>	WEIGHTED BALLS <sup>12</sup>	WEIGHTED BALLS <sup>15</sup>
THURSDAY	OFF	One Set 10 Great 8	(2) Sets 10 Great 8	(2) Sets 15 Great 8	(2) Sets 15 Great 8	(2) Sets 25 Great 8
FRIDAY	WEIGHTED BALLS <sup>1</sup>	WEIGHTED BALLS <sup>4</sup>	WEIGHTED BALLS <sup>7</sup>	WEIGHTED BALLS <sup>10</sup>	WEIGHTED BALLS <sup>13</sup>	WEIGHTED BALLS <sup>16</sup>
SATURDAY	One Set 10 Great 8	One Set 10 Great 8	(2) Sets 10 Great 8	(2) Sets 15 Great 8	(2) Sets 15 Great 8	(2) Sets 25 Great 8
SUNDAY	OFF	OFF	OFF	OFF	OFF	OFF

WEIGHTED BALL SCHEDULE	S=Standard BALLS USED	L=Underweight SEQUENCE	H=Overweight # THROWS
1	5 and 7	S-L-H-S	12-8-8-12
2	5 and 7	S-L-H-S	12-8-8-12
3	4 and 8	S-L-H-S	12-8-8-12
4	4 and 8	S-L-H-S	15-10-10-15
5	4 and 8	S-L-H-S	15-10-10-15
6	4 and 8	S-L-H-S	15-10-10-15
7	5 and 9	S-H-L-S	15-10-10-15
8	5 and 9	S-H-L-S	15-10-10-15
9	5 and 9	S-H-L-S	15-10-10-15
10	5 and 9	S-H-L-S	18-12-12-18
11	4 and 7	S-H-L-S	18-12-12-18
12	4 and 7	S-H-L-S	18-12-12-18
13	5 and 8	S-H-L-S	18-12-12-18
14	5 and 8	S-H-L-S	20-15-15-20
15	4 and 9	S-H-L-S	20-15-15-20
16	4 and 9	S-H-L-S	20-15-15-20

**Sample arm conditioning program using the “Great Eight” and Underweight and Overweight balls.**

**Specificity imperative:** In order to effectively train for power or velocity of movement, specificity MUST be thoroughly satisfied. This means that the training should be done using the main sport exercise with additional resistance but done in such as way that the motion pattern is not substantially changed.

**Explosive strength principle:** In throwing and hitting, when the ball or bat is accelerated the ballistic movement is concentrated in both in time and space. In other words, the goal of throwing and hitting is to move as fast as possible in as short a period of time as possible.

So the training objective is rate of force (RFD) development (or explosive strength). **The Best** method for improving RFD is ballistic training with weighted implements because it meets the specificity imperative and explosive strength principle.



“Great Eight”

## HTS THROWING PROGRAM

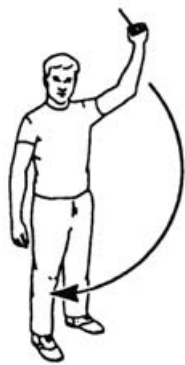
### What is the best way to use this Program?

The exercises included should be a part of your overall preparation and maintenance program. We are often asked which exercises to do, how often to perform the exercises, how many sets & reps should be done, and other questions. Our answer is—it is entirely up to you. Howell To Sports would be happy to design a program for you or your team on a case-by-case basis. We have included a **SAMPLE** program to get you started. You will most likely want to tailor this program to your individual or team needs. We ask that you make sure you are ready to partake in a vigorous program such as this. This is not something to be taken lightly and should be approved by your pitching coach and/or trainer.

If you are interested in having us design a specific program for your team or for you please e-mail us at [ed@betterswings.net](mailto:ed@betterswings.net) and we will respond promptly. There is a \$25.00 charge for designing an individual or team program.

### Howell to Sports

Phone: (856) 381-8888  
 fax: (856) 423-6497  
 e-mail:  
[ed@howelltosports.com](mailto:ed@howelltosports.com)  
[blog.howelltosports.com](http://blog.howelltosports.com)  
[www.howelltosports.com](http://www.howelltosports.com)



### Diagonal Pattern D2 Extension

Tubing should be just above head. Grip tube with throwing hand with arm extended out to the side and palm facing to the front. Pull tubing down across your body until your hand reaches your opposite hip. As you pull across turn your hand so that when you finish your palm is facing to your back.



### Diagonal Pattern D2 Flexion

Tubing should be at floor level. This is just the opposite of the above extension exercise. Start with the throwing arm at the opposite hip palm facing your back. Pull tubing across your body while lifting your arm to finish extended, above your head and palm facing forward.

### Humeral Flexion



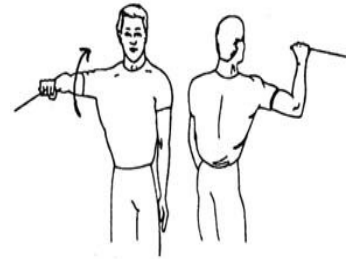
2. **Forward Shoulder Flexion**  
**IN EXTERNAL ROTATION**  
 Attach band to CB. Grasp handle with left hand and palm facing up. Extend arm straight out in front of you at a 45° angle with palm facing the ceiling. Raise your hand upward towards the ceiling.  
 Primary Muscles improved are the Coracobrachialis/ Biceps/ Anterior Deltoid.

Start with tubing at the level of your fingertips from the ground. Stand facing away from where the tubing is attached. Elbow is extended and forearm is in neutral position. Move the arm into a full shoulder flexion then return to the starting position. Both elbow extension and forearm neutrality should be maintained throughout the exercise.

### Humeral Extension

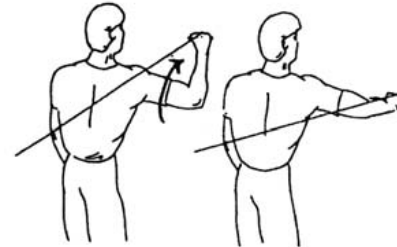


Start with tubing at the level of your fingertips from the ground. Stand facing where the tubing is attached. Elbow is extended and forearm is in neutral position. Start with shoulder flexed 90. Move shoulder toward maximum extension and return to starting position. Elbow extension and forearm neutrality are maintained throughout the exercise.



### External Rotation at 90 degrees Abduction

Start facing the wall and tubing at waist level. Start with shoulder abducted 90° and elbow flexed 90°. Grip tubing and rotate shoulder away from the wall keeping it at 90°. Return to starting position slowly.



### Internal Rotation at 90 degrees Abduction

Start facing away from the wall and tubing at shoulder height. Start with shoulder abducted 90° and elbow flexed 90°. Grip tubing and rotate shoulder away from the wall keeping it at 90°. Return to starting position slowly.



### Scapular Punch

Stand facing away from the wall with tubing at waist height. Elbow is fully flexed, forearm in neutral position and scapula fully retracted. Flex shoulder to 100°, extend the throwing elbow and fully protract the scapula while punching forward. Return to starting position in a controlled manner.



### Scapular Rows

Stand facing the wall with tubing at waist height. The throwing elbow is fully extended and scapula fully protracted. Slowly pull your arm back until you reach the beginning scapular punch position.