

1 Hour Pitching Workout

TOTAL: 60 MINUTES

Warm Up

- **10 MINUTES**
Daily Band Work
- **15 MINUTES**
Interval Throwing
- **5 MINUTES**
Water Break

Pitching Delivery Progression

- **2 MINUTES**
One Knee Drill
- **2 MINUTES**
Upper Body Throwing
- **2 MINUTES**
Balanced Stationary Drill
- **2 MINUTES**
Balanced Stationary Drill with Upper Body
- **2 MINUTES**
Working in Set Position
- **5 MINUTES**
Daily Flat Ground Work

Pitchers' Fielding Practice

- **15 MINUTES**
PFP- Comebackers