



2022 HMS Throwing



January

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9 Off	10 <u>Light Catch</u> 50-75 ft. 8-12 min. 60-70% Effort 15 Pick Offs	11 <u>Delivery Work</u> Mirror work/ Towel Work/ Shadow Work What's your Focus?	12 <u>Light Catch</u> 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	13 <u>Delivery Work</u> Mirror work/ Towel Work/ Shadow Work What's your Focus?	14 <u>Light Catch</u> 50-75 ft. 8-12 min. 60-70% effort 15 Pick Offs	15 Off
16 Off	17 <u>Light Catch</u> 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	18 <u>Delivery Work</u> Mirror work/ Towel Work/ Shadow Work What's your Focus?	19 <u>Light Catch</u> 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	20 <u>Delivery Work</u> Mirror work/ Towel Work/ Shadow Work What's your Focus?	21 <u>Light Catch</u> 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	22 Off
23 Off	24 <u>Catch</u> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	25 <u>Delivery Work</u> Mirror work/ Towel Work/ Shadow Work What's your Focus?	26 <u>Catch</u> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	27 <u>Delivery Work</u> Mirror work/ Towel Work/ Shadow Work What's your Focus?	28 <u>Catch</u> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	29 Off

February

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
30 Off	31 <u>Long T/Pen</u> 105-135 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	1 <u>Delivery Work</u> Mirror work/ Towel work/ Shadow work Light Catch Optional	2 <u>Catch</u> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Off	3 <u>Delivery Work</u> Mirror work/ Towel work/ Shadow work Light Catch Optional	4 <u>Long T/Pen</u> 105-135 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	5 Off
6 Off	7 Day 1 <u>Long Toss/Bullpen</u> 135-165+ ft. 15+ min. 85-95% effort 10-15 CH/Spin 30 pitch pen All Pitches	8 Day 2	9 Day 3 <u>Catch</u> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	10 Practice	11 <u>Long Toss/Bullpen</u> 135-165+ ft. 15+ min. 85-95% effort 10-15 CH/Spin 30 pitch pen All Pitches	12
13 Off	14 <u>Long Toss/Bullpen</u> 150-180+ ft. 15+ min 85-95% effort 10-15 CH/Spin 30 pitch pen ALL	15	16 <u>Catch</u> 90-120 ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	17	18 <u>Long Toss/Bullpen</u> 150-180+ ft. 15+ min 85-95% effort 10-15 CH/Spin 30 pitch pen ALL Pitches Simulate 1	19



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	Pitches Simulate 1 batter				batter	
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NOTES

- **Catch Play...** This might be the most important part of your pre-season, and in-season, throwing program/routine. You must take this time seriously. You CANNOT expect to be a good pitcher if you can't hit your target consistently when playing catch.
- **Throws in catch should NOT "be on a line" until week three.** Make sure when you start getting past 60-90 feet you are using a proper crow hop, using your legs to create power and controlling every part of your body.
- **Mirror Work...** This is a great way to see what your body is doing in your delivery. It is very important that you learn what your delivery looks and feels like. This drill can last 5-15 minutes. Use a towel if possible to help simulate actual throwing. **NO BASEBALL!**
- **Towel Work...** Another way to work on your delivery without throwing a baseball. Hold the towel with 2 fingers (think fastball fingers) on your throwing hand, go through your delivery and feel the towel whip out front. This drill is very good to work on extension.
- **FB's Only...** You should have noticed that this program calls for Fastball's only in catch play and your first week off the mound. A pitcher needs to develop a consistent/repeatable delivery and Fastball command. Once you do, then you will introduce different pitches but keep in mind, without FB command, you will have a hard time competing.
- **Long Toss distances...** Use the shorter distance for the younger ones and the longer distance for the older ones. Remember too this is just a guide. Make adjustments where you see fit.
- **CH (Change-Up) Focus on Change Up feel.** The goal is to be confident in this pitch before we reach High School. Delivery and arm speed need to look like your fastball delivery. We recommend doing this from a further distance than the player's mound distance. Maintain a crow hop to simulate the effort our body will use to move down the mound.
- **Spin Drill...** From the rocker position at 45-50'. Focus on making the ball spin fast. This is not a power drill.
- **No youth pitcher should be allowed to throw a breaking ball until they have shown the ability to command their fastball, have feel for a change up and have shown body maturity and strength.**
- **15 Pick Offs...** (For the older ones) 5+ Picks to 1st Base...5+ Spin Moves to 2nd Base...5+ Inside Moves to 2nd Base.
- **IMPORTANT NOTE...** If you are serious about being a great pitcher, everything in this program needs to be taken seriously. You need to be able to control your delivery from start to finish. PowerBalance-Direction-Timing is key to a consistent/competitive delivery.
- **Lastly, use this program/routine as a template.** Make tweaks where you see necessary. All pitchers progress at different rates. Some are ready for further distances in long toss and others aren't there



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yet. Adapt to the player. Also remember, they should not go out to a distance where they start to lose command of their body. This can be counter productive.



Long Toss Routine

Power — Balance — Command

40 ft - 5 Throws (Hip/Shoulder Separation)

50 ft - 5 Throws (Rocker)

60 ft - 5 Throws (Walk-In/Back Leg Push)

75 ft - 3 Throws (Crow Hop)

90 ft - 3 Throws (Crow Hop)

105 ft - 3 Throws (Crow Hop)

120 ft - 3 Throws (Crow Hop)

135 ft - 3 Throws (Crow Hop)

150 ft - 3 Throws (Crow Hop)

165 ft - 3 Throws (Crow Hop)

180 ft - 3 Throws (Crow Hop)

170 ft - 2 Throws (Crow Hop) On a line

150 ft - 2 Throws (Crow Hop) On a line

130 ft - 2 Throws (Crow Hop) On a line

110 ft - 2 Throws (Crow Hop) On a line

90 ft - 2 Throws (Crow Hop) On a line

75-90 ft - 10-15 CH (Crow Hop) FB Arm Speed Focus on throwing at the knees.

45 ft - Spin Drill 10 Spins (Rocker) Focus on the spin of the Baseball, not the speed



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Bullpen Routine

Fastball/Change-Up Only	
<u>Stretch</u>	<u>Wind-Up</u>
3 FB Glove Side 1 FB Glove Side (Slide Step/Load 'N Go) 3 FB Arm Side 1 FB Arm Side (Slide Step/Load 'N Go) 3 CH Mid Down 2 Pitch Out - RHH 2 Pitch Out - LHH	3 FB Glove Side 1 FB Middle Up 3 FB Arm Side 1 FB Middle Up 3 CH Mid Down 1 FB Mid Down 3 CH Mid Down 1 FB Your Choice
Fastball/Change-Up/Breaking Ball	
<u>Stretch</u>	<u>Wind-Up</u>
3 FB Glove Side (2 Regular 1 Slide Step) 1 FB Middle Up 3 FB Arm Side (2 Regular 1 Slide Step) 3 CH Middle 1 FB Middle Up 3 CB/SL (strike/put away/backdoor) 1 Pitch Out - RHH 1 Pitch Out - LHH	3 FB Glove Side 1 FB Middle Up 3 FB Arm Side 3 CH Middle 1 FB Middle Up 3 CB/SL (strike/put away/backdoor) 1 FB Arm Side
<ul style="list-style-type: none">● Throw with INTENT.● Focus on repeating your delivery.● Focus down in the zone and missing below the knees.● Have a plan for each pitch.● Stretch delivery should be quick, remember, runners are on base. Goal is 1.30 - 1.40 time to the plate. Give your catcher a chance!● EXECUTION...EXECUTION...EXECUTION...Hit your spot!!● Repeat a pitch and make adjustments according to weaknesses when needed.	