



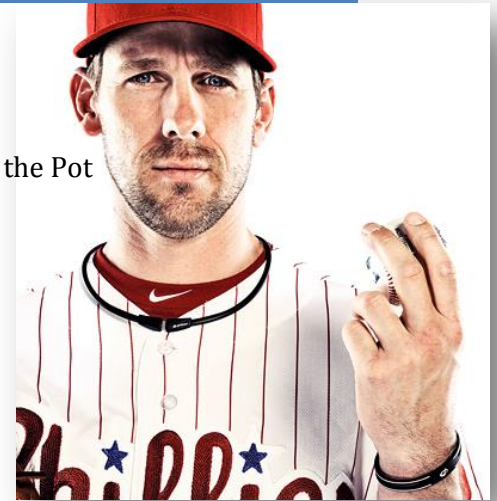
One Goal

One Family

# Pitcher's IN-SEASON Program

## **PRE-GAME:**

1. Normal Pre-Game Throwing Routine
2. Stretches: Arm Across Body, Arm Behind Head, Kidney Stretch, Stir the Pot
3. Bands: (Foot to Head, Foot to side, On Stomach: Foot To head)
4. Long-Toss with Catcher
5. Mental Imagery (Shadow Pitch, Concentration squares)
6. Bull-Pen- Go To YOUR Routine-Recognize-Release-Re-Focus
  - a. LIVE in the Present -Breathe
  - b. FOCUS on the Process
  - c. STAY Positive



## **POST-GAME IF PITCHER PITCHES LESS THAN 40 PITCHES:**

1. 2 Polls or 8- 90 feet sprints (Alternate Running Routines)
2. Post-Stretches- **ANY 2 OF** Arm Across Body, Arm Behind Head, Kidney Stretch, Stir the Pot
3. Bands: (Foot to Head, Foot to side, On Stomach: Foot To head)

## **POST-GAME IF PITCHER PITCHES MORE THAN 40 PITCHES:**

1. 6 Polls
2. Tubes (Waist height: in and out, Shoulder height: Face fence-out, Face away-forward)
  - a. 3 sets of 10 for each exerciseOR
3. Pappas Drills 5 lb weights: Front Raises, Palms up Down, Thumbs down 45, reverse flies
  - a. 3 sets of 10 for each exercise
4. ICE

**“I WILL THROW A QUALITY PITCH  
EACH TIME”**

“Mental Beast”

“Excellent Command”

60% 1<sup>st</sup> Pitch K's an Overall K's