

# Pitcher Only Program

## Preseason (Before Games Start)

### **Non-Bullpen Days**

1.) [Foam Roller 15 rolls each](#) -

- a.) Lower Back to Shoulder Blades
- b.) Mid Rib Cage to Lats
- c.) Triceps
- d.) Biceps
- e.) Anterior Deltoid
- f.) Pecs

2.) [Crossover Symmetry - Activation](#)

3.) [Daily Dozen alt w/ Long Toss](#) - Listen to your arm

- a.) Long toss protocol
  - i.) Stretch out as far as you can for 10 -15 throws
  - ii.) As you start to bring in, throw change-ups in long toss
  - iii.) Bring in to 90 feet and throw as hard as you can on a line

4.) Yoga - 15 seconds each, continuous with no break

a.) Downward Dog



b.) Runner's Pose R



c.) Runner's Stretch R



d.) Downward Dog

e.) Upward Dog/cobra



f.) Downward Dog

g.) Runners Pose L

h.) Runner's Stretch L

i.) Downward Dog

j.) Runners Pose R (brief, not 15-30s)

k.) Warrior 1 R

l.) Warrior 2 R



m.) Downward Dog

n.) Runner's Pose L (brief, not 15-30s)

- o.) Warrior 1 L
- p.) Warrior 2 L
- q.) Downward Dog
- r.) Runner's Pose R (brief, not 15-30s)
- s.) Standing Triangle Pose R



- t.) Downward Dog
- u.) Runner's Pose L (brief, not 15-30s)
- v.) Standing Triangle Pose L
- w.) Downward Dog
- x.) Chair Pose



- y.) Twisting Chair Pose R
- z.) Twisting Chair Pose L

## 5.) Sprint Series

- a.) Partner sprints 30 feet x 8
- b.) Partner sprints 60 yards x 4
- c.) Explosive spring series 30 feet
  - i.) [Pushups](#) x 2
  - ii.) [Indian Style](#) x 2

6.) [Medball rotational power series](#)

7.) Plyometrics 2 sets of 5 reps on each activity

a.) [Tuck Jumps](#)

b.) [Split Squat Jumps](#)

c.) [Long Jump & High Knees Back](#)

7.) PFPs - Set up throw downs in RF

a.) Bunts - 1st and 3rd base

b.) Cover 1st base

c.) 1-6-3

d.) Picks and varying timing

## **Bullpen Days**

1.) Warm up with team

2.) Foam Roller

3.) [Crossover Symmetry - Activation](#)

4.) Yoga

5.) Bullpen

6.) Sprint Series

7.) Foam Roller

## **In season (After Games Start)**

### **Two days before start or more**

1.) Warm up with team

2.) Foam Roller

3.) [Crossover Symmetry - Activation](#)

4.) Yoga

5.) [Medball rotational power series](#)

6.) Bullpen 20-30 pitches (let players choose a bullpen two days before or the day before their start)

or

6.) [Daily Dozen alt w/ Long Toss](#) - Listen to your arm

a.) Long toss protocol

i.) Stretch out as far as you can for 10 -15 throws

ii.) As you start to bring in, throw change-ups in long toss

iii.) Bring in to 90 feet and throw as hard as you can on a line

7.) Sprint Series

a.) Partner sprints 30 feet x 8

b.) Partner sprints 60 yards x 4

c.) Explosive spring series 30 feet

i.) [Pushups](#) x 2

ii.) [Indian Style](#) x 2

8.) Plyometrics 2 sets of 5 reps on each activity

a.) [Tuck Jumps](#)

b.) [Split Squat Jumps](#)

c.) [Long Jump & High Knees Back](#)

### **One day before start**

1.) Warm up with team

2.) Foam Roller

3.) [Crossover Symmetry - Activation](#)

4.) Yoga

5.) [Medball rotational power series](#)

6.) Bullpen 10-20 pitches (let players choose a bullpen two days before or the day before their start)

or

6.) [Daily Dozen](#) - Listen to your arm

7.) Sprint Series

a.) Partner sprints 30 feet x 4

b.) Partner sprints 60 yards x 2

c.) Explosive spring series 30 feet

i.) [Pushups](#) x 2

ii.) [Indian Style](#) x 2

8.) Plyometrics 2 sets of 3 reps on each activity

a.) [Tuck Jumps](#)

b.) [Split Squat Jumps](#)

c.) [Long Jump & High Knees Back](#)

### **Day after start**

1.) Warm up with team

2.) Foam Roller

3.) [Crossover Symmetry - Activation](#)

4.) Yoga

5.) [Medball rotational power series](#)

6.) No throwing

or

6.) [Daily Dozen](#) - Listen to your arm

7.) Sprint Series

- a.) Partner sprints 30 feet x 8
- b.) Partner sprints 60 yards x 4
- c.) Explosive spring series 30 feet
  - i.) [Pushups](#) x 2
  - ii.) [Indian Style](#) x 2

8.) Plyometrics 2 sets of 5 reps on each activity

- a.) [Tuck Jumps](#)
- b.) [Split Squat Jumps](#)
- c.) [Long Jump & High Knees Back](#)