

# 6 Weeks Speed/Power Workouts

## Week 1

	Stretches/Workout	Pitching
Monday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 3 pitches from each spot/ 5 at final spot/ 3 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Tuesday	<input type="checkbox"/> 10 Min Jog <input type="checkbox"/> Sprints <input type="checkbox"/> 5 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Wednesday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 3 pitches from each spot/ 5 at final spot/ 3 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Thursday	<input type="checkbox"/> 10 min Jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 5 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Friday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 3 pitches from each spot/ 5 at final spot/ 3 each spot on the way back in. <input type="checkbox"/> Complete 2 full innings with imaginary hitters, get creative, did the swing? Foul? Hit? How many runners are on? <input type="checkbox"/> Mirror Drills
Saturday	Games/Practice/Off	Games/Practice/Off
Sunday	Games/Practice/Off	Games/Practice/Off

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### Week 2

	Stretches/Workout	Pitching
Monday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 4 pitches from each spot/ 6 at final spot/ 4 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Tuesday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 7 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Wednesday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Thursday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 7 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Friday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 from each spot/ 7 at final distance/ 5 each spot on the way back in. <input type="checkbox"/> Complete 2 full innings with imaginary hitters, get creative, did the swing? Foul? Hit? How many runners are on? <input type="checkbox"/> Mirror Drills
Saturday	Games/Practice/Off	Games/Practice/Off
Sunday	Games/Practice/Off	Games/Practice/Off

## 6 Weeks Speed/Power Workouts

### Week 3

	Stretches/Workout	Pitching
Monday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Tuesday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 8 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Wednesday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Thursday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 8 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Friday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Complete 2 full innings with imaginary hitters, get creative, did the swing? Foul? Hit? How many runners are on? <input type="checkbox"/> Mirror Drills
Saturday	Games/Practice/Off	Games/Practice/Off
Sunday	Games/Practice/Off	Games/Practice/Off

## 6 Weeks Speed/Power Workouts

### Week 4

	Stretches/Workout	Pitching
Monday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Tuesday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 10 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Wednesday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Thursday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 10 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Friday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Complete 2 full innings with imaginary hitters, get creative, did the swing? Foul? Hit? How many runners are on? <input type="checkbox"/> Mirror Drills
Saturday	Games/Practice/Off	Games/Practice/Off
Sunday	Games/Practice/Off	Games/Practice/Off

## 6 Weeks Speed/Power Workouts

### Week 5

	Stretches/Workout	Pitching
Monday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Tuesday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 12 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Wednesday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> Mirror Drills
Thursday	<input type="checkbox"/> Sprints: <input type="checkbox"/> 12 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Friday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Complete 2 full innings with imaginary hitters, get creative, did the swing? Foul? Hit? How many runners are on? <input type="checkbox"/> Mirror Drills
Saturday	Games/Practice/Off	Games/Practice/Off
Sunday	Games/Practice/Off	Games/Practice/Off

## 6 Weeks Speed/Power Workouts

### Week 6

	Stretches/Workout	Pitching
Monday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Mirror Drills
Tuesday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 14 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Wednesday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> Mirror Drills
Thursday	<input type="checkbox"/> 10 min jog <input type="checkbox"/> Sprints: <input type="checkbox"/> 14 x 60 ft *base distance (30 second breaks in between)	<input type="checkbox"/> Bullpen <input type="checkbox"/> How many rounds did it take you to complete? _____ <input type="checkbox"/> Mirror Drills
Friday	<input type="checkbox"/> Mobility Stretches	<input type="checkbox"/> Long Toss <input type="checkbox"/> 5 pitches from each spot/ 10 at final spot/ 5 each spot on the way back in. <input type="checkbox"/> Complete 2 full innings with imaginary hitters, get creative, did the swing? Foul? Hit? How many runners are on? <input type="checkbox"/> Mirror Drills
Saturday	Games/Practice/Off	Games/Practice/Off
Sunday	Games/Practice/Off	Games/Practice/Off

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### Notes\*

#### Long Toss:

Make sure you are warmed up well before beginning the long toss. Take 3 large steps behind the mound. Have your catcher STAND. Pitch X amount of pitches from that spot to the catcher's chest. Take 3 more large steps back and repeat. Continue to take steps back after X amount of pitches until you cannot reach the catcher's chest. Find the distance you can make it to the catcher and then pitch X amount more from that spot before working your way back into the mound. To work your way into the mound step 3 large steps closer continuing to hit the catcher's chest until you make it back to the mound.

#### Bullpen:

5 pitches (so a total of 10 if you do not miss a spot) As the weeks go on, you can challenge yourself more and add more pitches to your gameplan.

Fastball & Change + choose 2 other pitches IF have (Curve, Screw, Rise, Knuckle etc) pre plan pitches/spots you will hit. You have to successfully hit each spot **2 TIMES** before you can move on to the next pitch.

Ex: Using the below chart.. My pre plan would be

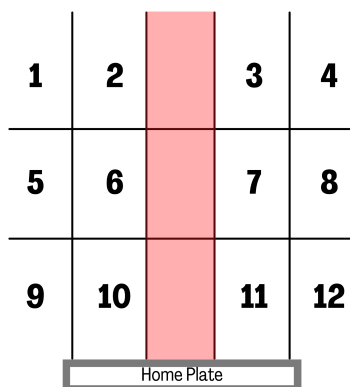
FB 6

Drop Curve 9

Change 11

Riseball 3

Drop 10



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### **Mirror Drills:**

Mirror Drills should take you no more than 10 min max. It is so important to have body awareness when we are pitching. Being able to see and feel what we are doing is critical. Do 10 steps in the mirror, slowly, watching and feeling each step. Then 10 or more at half speed (no stopping) if you have room you can step up the speed, no ball needed or sock works. If you have the space and can set up a mirror with a net in front like we have at the cages, that would be the ideal set up, but not needed. It is important that no matter how good or bad we do that day pitching, you have to end your night with mirror drills, reinforcing good mechanics for that muscle memory!

### **Mobility Stretches:**

#### **SHOULDERS**

##### **1. Shoulder pass-through**

The shoulder pass-through exercise helps to increase joint mobility while still engaging the surrounding muscles of the shoulder.

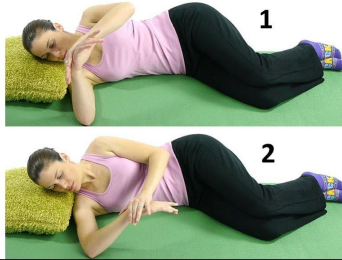
This exercise requires holding a long stick, like a broomstick or PVC pipe.

##### **2. Sleeper stretch**

The sleeper stretch is an excellent way to work internal rotation for the shoulder.



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**Shoulder Internal Rotation Sleeper Stretch**

Do 3 repetitions before changing sides.

### 3. Doorway stretch.

This stretch helps to open the pectoralis muscles in your chest and increases the range of motion in your shoulders.

1. Stand in a doorway with elbows and arms forming a 90-degree angle. Your feet should be in a split stance.
2. Bring your right arm up to shoulder height and place your palm and forearm on the doorway.
3. Gently lean into the stretch, only going as far as comfortable.
4. Hold the stretch for up to 30 seconds.
5. Change sides and repeat. Perform on each side 2–3 times.

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### 4. Child's Pose

Commonly known as a yoga move, Snyder says Child's Pose is a good way to open the shoulder joint into flexion (forward bending) and to stretch your latissimus dorsi, or lat, muscles. Your lower back can also benefit from this pose.



To do this stretch:

1. Kneel on an exercise mat. Make sure your body is upright.
2. Slowly crawl your hands forward until your arms are extended in front of you. Keep your gaze downward.
3. Lower your torso onto your thighs and your forehead on the ground.
4. Hold this position while taking three deep breaths.
5. Repeat 3–5 times.

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## HIP FLEXORS

### 1. Lying Hip Rotations



#### Key Points:

- Lie on your back with both knees bent.
- Cross one ankle over the opposite knee.
- Move in and out of the stretch by rotating the hip in and out.
- For the hold, use your hand for assistance to press into the knee.

### 2. Piriformis Stretch



#### Key Points:

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- Cross one leg fully over the opposite leg, so your knee is crossed over your thigh.
- Pull the crossed knee toward your opposite shoulder, stretching the piriformis muscle.

### 3. Butterfly Stretch



This classic stretch is very useful for the groin muscles, and for improving hip rotation to the side. Pay close attention to your back and keep it straight and upright as you move through the stretch.

#### Key Points:

- Sit up with feet together, moving the knees down toward the ground.
- Use your hand to press into the ground and move your groin closer to your heels.

### 4. Frog Stretch

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### Key Points:

- Start on hands and knees, bringing your knees as far apart as is comfortable.
- Rock back and forth in that position.
- Keep the balls of your feet on the ground, with toes pointed outward.

### 5. Kneeling Lunge



You may need some trial and error to find the best front foot positioning, which happens when your shin is upright when you lean forward, rather than being angled down or back. Keep your hips square and your upper body tall, and you'll be in the right position. Don't be afraid to adjust the back leg positioning to get the most out of the stretch to release your hip flexors.

### Key Points:

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- Get into a lunge position, with knee and foot about hip width apart from the elevated leg.
- Keep the chest tall and the hips square.
- To make the stretch harder, you can pull the back knee up off the ground.

### 6. Pigeon Stretch



The pigeon stretch is another classic stretch that can help you work on, not just your hip mobility, but also your hamstring and spine flexibility.

#### Key Points:

- Start with your front knee bent to a 90-degree angle. The back knee can be as bent or extended as is comfortable for you.
- Rotate the back hip toward the front heel, and then toward the back foot.
- Keep the chest up tall, and only bear as much weight as you can comfortably.
- If you feel comfortable with the knee bent, you can work on straightening out the back leg into the full pigeon pose.