



**JULY
2011
EDITION**



TRAINING THE “ATHLETIC PITCHER”

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Training the “Athletic Pitcher”

For years it has been a popular misconception that pitchers are “non-athletes”. Players that are only blessed with one skill set, a strong arm. However, I have a strong contradiction to that short-sided line of thinking. If pitchers are simply un-athletic arms how can they create repeatable deliveries, explosiveness, pitches with both command and control, and be durable enough to do this over the course of a ten month cycle? They train for this every day from their throwing program and mound work on a daily basis. But it is hard to execute and achieve this type of consistency without a proper off the field combination training consisting of SPEED, POWER, and AGILITY.

There are several key points to our Pitchers Agility Program. The key is that each activity is performed with high intensity and explosiveness. This is an eight week introductory to our Fall Workout Program. If we want our pitchers to be explosive and to increase volume and intensity of their pitching performance we must train that way.

During our fall workouts we perform our standard Dynamic Flex and Static stretch program, along with proper tubing prior to our scheduled throwing program for the day. The first part of their session involves our Speed, Plyo, Agility portion of the workout. This is to take place prior to their throwing program. After each pitcher has executed their appropriate throwing and pick program they move on to their daily scheduled Explosive Exercise Workout. This is a five day a week fall workout program for our pitchers.

Day 1

Combo Training Day

Speed Training: Standing Arm Swings, Seated Arm Swings, Bounds, Power Skips, for: 30.

Plyometric Training: Alt. Box Jumps, Hop and Gather w/Box, Box Med Ball Toss, Box High Knee Runs, 2 Sets of 12.

Agility Training: Lateral Hurdles (2ft in each), Lateral High Knees (2 ft), Side Hops (ft together), Lateral Hurdles w/ reaction (Tennis Balls), Ski Jumps (2).

Day 2

Speed Training: Power Skips (2 X 20), Up tall and Fall (2 X 20)

Flying 30's (2), Step Ladder Spr. (1)

Medicine Ball: Overhead Toss (1 X 10), Wood Chop (1X10/10), Squat Chest Pass (1 X 10)

Day 3

Plyometric Training: Depth Jump Spr., Lateral Box Run, Side Box Jump, Lat. Box Run w Med Ball, (2 X 12)

Medicine Ball: Circle, (1 X 10/10), Overhead Toss, (1 X 10), Hip Toss (1 X 10/10)

Day 4

Agility Training: Med Ball Pickups, (2 X 12), Single Leg Lifts w/hurdles (X2), Single Leg Skip w/hurdles, (X2), Box Drill, (X2)

Medicine Ball: Arc, (1 X 10/10), Diagonal Toss, (1 X 8/8), Pitching Chest Pass, (1 X 8/8)

Day 5

Combo Training

Speed Training: Warm Up Squat, (2 X 12/12), Lunge Series w Weights, Single Leg Skip w/ Hurdles, (X2), Quick 1 Leg w Hurdles, (X2)

Plyometric Training: Lat Box Run w/ reaction (2 X 12), Reaction Drills (2 X 12), Med Ball Shuffle w/ 5 yd. cones, (2 X 12), Box High Knee Runs (2 X 12)

Agility: Forehand w/ Res. (2 X 12/12), Backhand w Res. (2 X 12/12), Cone Drill Series w/ res. And Medi., Skip Down Mid w/ res. hurdles, Rapid Runs w/ hurdles (X2)

Post Throw

Running: 10 Sprints and (2) 440's

Body Blade Series

Joint Integrity: Fence pushes, pulls, and shakes for :30

Scap Presses (2 X 12)

Shoulder Press Ups (2 X 12)

Wrist Roller and Rice Bucket (X2)

*This is to be done each day at the conclusion of their scheduled throwing session.

You can substitute any of your favorite exercises for these days. This is simply a guide for you to use with your staff. Remember each of our kids is different with varying degrees of flexibility and recovery. You must be prepared to adjust your schedule for each pitcher. This is a great way for us to increase speed, flexibility and improve our explosiveness. Our pitchers are able to work out longer, throw with great intensity and stay structurally sound throughout their throwing sessions.



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