

KEYS TO SUCCESS

Do these things consistently and success will follow

BE THE AGGRESOR:

- At least 65% strikes with every pitch in your arsenal
- 70% strikes in crucial counts (O-O, 1 ball counts, 2 ball counts)

WORK FAST:

- 15 seconds or less between pitches, your fielders will thank you

ESTABLISH THE INNER THIRD:

- If they don't respect your ability to throw in you give up 50% of the zone and lose off-speed effectiveness

CONTROL THE RUN GAME:

- Vary picks
- Vary set timing
- 1.3 to the plate or quicker

FIELD THE POSITION:

- Know bunt play responsibilities
- Know where to back up bases
- Execute routine plays

MENTALITY AND MINDSET

ELIMINATE THESE WORDS:

- “HOPE”: Phrases like “I *hope* I don’t spike this ball” or “I *hope* I don’t walk this guy” will directly affect outcome. “Hoping you will” insinuates you don’t fully believe you can, and hoping “they won’t” usually means they probably will.
- “DON’T”: Phrases like “I *don’t want* to spike this ball” or “I *don’t want* to walk this guy” usually result in a spiked ball or a walked batter. If you tell someone “Don’t think about pink elephants”, they will most definitely think about pink elephants.
- “GOTTA”: At some point we’ve all used a phrase like, “I’ve *gotta* throw a strike here”, and it almost never works out in the result we want. “I’ve gotta” is self-imposed and unnecessary pressure.

SETTING THE RIGHT GOALS:

- Avoid setting result based goals like:
 - 10 K’s in a start
 - Give up less than two hits in an outing
- Set the right goals:
 - I want to throw effectively inside
 - I want to have better body language on the mound

IN GAME MENTAL ROUTINE:

- **EVALUATE** the previous play factually and without emotion (I.e. “I threw that slider exactly where I wanted it” or something as simple as “I walked that hitter”)
 - CALIBRATE adjustments, if any, that need to be made
- **ANTICIPATE** the next play (I.e. “I have first base side on a bunt” or “Ball hit to me I’m going to second”)
 - **BREATH** in and out and clear your mind
 - **ATTACK** the next pitch

DON’T FEAR FAILURE!

PRE-THROW & THROW ROUTINES

Daily Order

1. Soft Tissue Work
2. Dynamic Work
3. Mobility Work
4. Band Work
5. Plyo Work
6. Throw

SOFT TISSUE ROUTINE

** There is no particular amount of time to be spent on each action, it is a feel thing. Work on an area until it feels "smooth" and relaxed, if you feel tightness or a trigger point in a certain area spend a little more time there. **

FOAM ROLLER

- Calves and Lower Legs (below the knee)
- Hamstring
- IT Bands & TFL
- Quads
- Glutes
- Thoracic Spine

LACROSSE BALL

- Plantar Fascia (Bottom of feet)
- Scaps (Work along the edge of the shoulder blades) (On the wall or lying down)
- Teres Minor (Back of shoulder)
- Lats (On the wall or lying down)
- Pecs (On the wall or lying down)
- Triceps (Lying down)
- Forearms (Lying down)

WARM-UP & MOBILITY ROUTINE

** These can all be easily found with a Google search **

DYNAMIC

- Lateral Lunge Rockers (2 x 10 yds)
- Walking Hamstrings (2 x 10 yds)
- Side Shuffle with Arms Swings (2 x 10 yds)
- Jump Squat (x 10)

LOWER MOBILITY

- Standing Straight Leg Hip Abduction (x15 each way)
- Prone Hip Extensions (x15 each way)
- 90/90 Hip Switch w/Extension (x5 each way)
- Kneeling Hip Flexor Stretch (x 20 seconds each way)
- Toe Circles (x20 sec each way)

UPPER MOBILITY

- Quadruped T-Spine Rotations (x15 each way)
- Side Lying T-Spine Rotations (x15 EA)
- Forearm Wall Slides (x10)
- “No Money” with or without band (x15)
- Scapular Push-Ups (x10)

DAILY BAND ROUTINE

** The rep/set scheme for each is 1 x 15 and a 20 second hold for the "Lat Extensions. **

1. Triceps Extensions



2. Forward Fly



3. Lat Extension



4. Reverse Fly



* Picture courtesy of "J-Bands" and Alan Jaeger

DAILY PLYO ROUTINE

** These can all be easily found with a Google search **

- Kneeling Reverse Throws (x 5 w/32oz)
- Marshall Torques/Pivot Picks (32oz x 5 → 5oz x 2 @ 60%)
 - Walking Torques (32oz x 5 → 5oz x 2 @ 60%)

DAILY THROWING ROUTINE

**You can adjust the distance and volume if needed. **

- Start at 40' with "10-Toes" x 5-10 throws
- Move it back in intervals of 10' of "Rockers" with all fastballs until 60'...The number of throws to get to 60' is up to you
 - 60' using "Step Behind Throws" alternate between fastballs and your secondary pitches until you can throw each of your pitches to a spot at least 3 times (if you want more, then throw more)
- 90' using "Aggressive Step Behind Throws" and throwing all fastballs and change-ups for at least 10 throws (if you want more, then throw more)
- 120' with all fastballs for at least 10 throws (if you want more, then throw more) of "Aggressive Step Behinds"
 - *If it is a long toss day for you, then proceed to long toss*
 - *If it is a long toss day for you don't make these max efforts*
- Bring it back in with at least two fastballs every 10' until 60'
 - *If it is a long toss day for you, then just one fastball every 10'*
 - Full wind-up and stretch throws at 60' x 3 throws

“DAY BEFORE LIVE” FLAT GROUND ROUTINE

- 3 arm side FB's
- 3 glove side FB's

- 2 middle BB's
- 1 arm side FB
- 1 arm side BB
- 1 glove side FB
- 1 glove side BB

- 2 middle CH's
- 1 arm side CH
- 1 arm side FB
- 1 glove side CH
- 1 glove side FB

- 1 arm side FB
- 1 glove side FB

STARTERS PRE-GAME ROUTINE

** This is a **suggested** pre-game routine; however, you can tailor yours to whatever you feel like gets you ready for a start. **

60 MINUTES BEFORE START

- Warm Up & Mobility Routine

PRE-GAME FLAT THROWING: 35 MINUTES PRIOR TO START

- Start at 40 ft. with “10 Toes” for the first 5 throws
- Move it back in intervals of 10ft of “Rockers” with all fastballs until 60ft
- Back up to 60 ft. of “Step Behinds” on your own pace
- Furthest distance after 60 ft. is up to you and whatever you feel you need

BULLPEN: 15 MINUTES PRIOR TO START

- “Step Behinds” off the rubber: 3 throws
- Middle set up fastballs: 3 throws from wind and 3 from stretch
- Glove side fastballs: 3 throws from wind and 3 from stretch (or until you’ve found command)
- Arm side fastballs: 3 throws from wind and 3 from stretch (or until you’ve found command)
- Change-Up/Fastball combo: 3 fast/change combo from wind and 3 fast/change combo from stretch (or until you’ve found command). Mix locations on a feel basis.
- Breaking ball/Fastball combo: 3 fast/breaker combo from wind and 3 fast/breaker combo from stretch (or until you’ve found command). Mix locations on a feel basis.
- Clean up anything that needs to be cleaned up
- Simulated At-Bat

****If away, push everything back 5 minutes****

RELIEF PITCHER'S PRE-OUTING ROUTINE

** This is a **suggested** pre-game routine; however, you can tailor yours to whatever you feel like gets you ready for an outing. All pitcher's that are "hot" for the game should start doing mobility and plyo work after the fifth inning regardless of the situation. **

AS SOON AS CALL TO THE PEN IS GIVEN

- 90/90 Hip Switches w/Extension (x 5 each side)
- Quadruped T-Spine Rotations (x8 Each Side)

FLAT THROWING (Number of throws all depending on the urgency of the situation)

- Start at 40 ft. with "Hip Rolls"
- Back to 60ft with "Step Behinds" down the mound

BULLPEN: (Number of throws all depending on the urgency of the situation)

*****If you are coming into a situation with runners on base, only throw from the stretch*****

- Middle set up fastballs: 2 throws from wind and 2 from stretch
- Glove side fastballs: 2 throws from wind and 2 from stretch (or until you've found command)
- Arm side fastballs: 2 throws from wind and 2 from stretch (or until you've found command)
- Change-Up/Fastball combo: 2 fast/change combos from wind and 2 fast/change combos from stretch (or until you've found command). Mix locations on a feel basis.
- Breaking ball/Fastball combo: 2 fast/breaker combos from wind and 2 fast/breaker combos from stretch (or until you've found command). Mix locations on a feel basis.
- Clean up anything that needs to be cleaned up

POST-THROW ROUTINES

RECOVERY ROUTINE

** This is to be done immediately after the game and before you leave the ballpark or back at the hotel. **

- 90' Sprint – Medium Intensity x 5
- Quadruped T-Spine Rotations: 2 x 12 Each Side
 - 45 Degree Wall Slides: 1 x 15
 - Scapular Push-Ups 1 x 15
- No Money – With or Without Bands
- Fire Hydrant Hip Mobility: 1 x 15 Each Leg
- Prone Bridge Hip Extension: 1 x 10 Each Leg

DAY AFTER OUTING ROUTINE

- Foam roll
- Lacrosse/Baseball ball scapular myofascial release

IF WEIGHT ROOM IS AVAILABLE:

**** Heavier Weight****

- Prone lying, incline delt raises: 2 x 15
 - Hindu push-ups: 2 x 10
 - Standing cable rows: 3 x 8
 - Goblet squats: 3 x 10
- Hex Bar or DB Dead Lifts 3 x 8
 - Jump squats: 2 x 15
- Superman's: 2 x 1:00 minute

IF WEIGHT ROOM NOT AVAILABLE:

****Perform this as a circuit, three times through. ****

- Band resisted face pulls: 2 x 15
 - Hindu push-ups: 2 x 10
- Bent over band resisted rows: 2 x 15
 - Split Squat: 2 x 15 Each Side
 - Jump squats: 2 x 15
- Superman's: 2 x 1:00 minute

CONDITIONING ROUTINES

DAY BEFORE OUTING:

- 90' Striders x 10
- Not a sprint, not a jog

DAY AFTER OUTING:

- 10 Sprint/Stride Poles: Only form of poles we will ever do
- Sprint from foul line to gap → stride gap to gap → spring from gap to foul line

NORMAL PRACTICE:

****Assign one of the following depending on where you are at in the season****

- 90' Build Ups
 - Cones at 30', 60', and 90'
 - *Sprinting progressively faster at each cone*
- "Sprint Ladders" of 10', 30', to 60'
 - *10' & back → 30' and back → 60' & back*
- 4-Cone box agility series
 - *Shuffle right → sprint forward → shuffle left → back pedal back*
 - *Shuffle left → sprint forward → shuffle right → back pedal back*
 - *Sprint left all the way around*
 - *Sprint right all the way around*
- 30' burst sprints
- Pro-Agility a.k.a. 5/10/5's

WEEKLY IN-SEASON STARTER/RELIEVER SCHEDULE

	DAY 0: PITCH	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
SARTERS	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. Starter Pre-Game Routine 3. Pitch 4. "Recovery Routine"	1. Dynamic/Mobility 2. Throw to comfort 3. "Day After Outing" Routine	1. Dynamic/Mobility/Daily Plyo 2. "Daily Throwing" Routine - <u>Moderate Effort</u> 3. Drill Day 4. "Recovery Routine"	1. Dynamic/Mobility/Daily Plyo 2. "Daily Throwing" Routine - <u>High effort</u> 3. Drill Day 4. "Recovery Routine"	1. Dynamic/Mobility/Daily Plyo 2. "Daily Throwing" Routine - <u>High effort</u> 3. Bullpen - 25 pitches 4. "Recovery Routine"	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. "Daily Throwing" Routine only out to 60' - <u>Moderate Effort</u> 3. "Recovery Routine"	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. Throw to comfort 3. Flat Ground (Optional) 4. "Recovery Routine"
	HOT – DEFINITELY PITCHING	HOT – POSSIBLY PITCHING	OFF – HOT TOMORROW	OFF – PITCHED YESTERDAY	OFF – REST DAY NEFPRE & AFTER		
RELIEVERS	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. "Daily Throwing" Routine - <u>Moderate Effort</u> 3. Pitch 4. "Recovery Routine"	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. Throw to comfort 3. 10-15 pitch flat ground (optional) 4. <i>If you pitch</i> then "Recovery Routine"	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. Throw to comfort 3. "Recovery Routine"	1. Dynamic/Mobility - <u>Light to Moderate</u> load Plyos (Optional) 2. Throw to comfort 3. "Day After Outing" Routine	1. Dynamic/Mobility/Daily Plyo 2. "Daily Throwing" Routine - <u>High effort</u> 3. Bullpen - 25 pitches 4. "Recovery Routine"		

**RUN GAME
CONTROL**

PICK OPTIONS – On Your Own

#1 – A-B-C-D

The "A-B-C-D" method is one of the most basic methods for ensuring that you are varying your holds and not getting into a pattern the runners can pick up on. The trick is to come set and (in your head or very quietly to yourself) say "A-B-C-D", choosing a different letter to begin your delivery on each time. This is a great hold pattern as it's very simple and easy to remember. Practice this even when you're in the bullpen throwing from the stretch. Make varying your holds a habit.

#2 - Hold-pick

An underutilized pick is the "hold-pick", where you hold for a longer period of time, hopefully getting the runner on his heels, then pick over. Most guys tend to use the exact same pick timing every time they throw to first base. It's pretty simple for runners to see this and pretty simple for pitchers to stay in that comfort zone and forget to change. Hold the ball for a longer period of time (maybe say A-B-C-D twice in your head) before picking over.

#3 - Extended hold

Try coming set and just holding the ball for an extended period, to the point where it's uncomfortable for the runner and hitter. Wait until the hitter either calls timeout or you step off. Don't deliver the pitch. By holding for a long period of time the runner gets on his heels and (if he's stealing) might give some signs that he's about to do so. Great tool to slow down the game.

#4 - Pick progressions (for RHP)

The fact is we aren't necessarily trying to pick off runners, rather we are trying to keep them guessing on our timing. To do this you need to have different moves at your disposal. Once you've shown your best, they know your best...keep it in reserve until the situation dictates.

What is a pick progression? It is a series of pick-off moves that leads up to your best move. The series varies the length/speed of your pick-off movements:

1. Slow feet – Slow arm
2. Quick feet – Slow arm
3. Slow feet – Quick arm
4. Quick feet – Quick arm

Man on 1st

5 Series Picks – From the Catcher

**The catcher will throw down one the following two number combos*

5-1= Quick Pick

5-2 = Set Pick

5-3 = Hold Pick

Man on 2nd

Glove Touches

**The catcher will always give a series of touch signs before he gives his signs, if he starts by touching his glove then a pick is on. The last thing touched by the catcher will be the pick called. **

Start with glove touch – End on glove = Inside move

Start with glove touch – End on mask = Catcher glove drop

Start with glove touch – End on chest = Daylight

Alternate Sign Options with a Man on 2nd

1. A.B.E. (Ahead, Behind, Even)

- Ahead in the count = 1st sign
- Behind in the count = 2nd sign
- Even count = 3rd sign

2. Chase the

- Establish what number you want to chase and it is the sign immediately following

3. Pumps

- Each number thrown down is a “pump”, you simply count how many “pumps” the catcher has thrown down. Examples:
 - 1 sign/pump = Fastball
 - 2 signs/pumps = Curveball
 - 3 signs/pumps = Slider
 - 4 signs/pumps = Change Up

4. Outs + 1

- Take the number of outs and add one.... that’s the hot sign