

Basic On-Ramp: Sessions 1-6

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
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PlyoCare

- [Reverse Throws](#) 2 sets of 10 (1lb black)
 - [Pivot Pickoffs](#) 2 sets of 10 (1lb black)
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball. (Physically mature HS players only - Use 9oz and 11oz balls out to 90ft if available.) No pull downs.

Practice

Go into other practice activity from here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Regular (Sessions 7-12)

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
-

PlyoCare

- [Reverse Throws](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Pivot Pickoffs](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Roll-In](#) 1 set of 10 (1lb black)
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball. (Physically mature HS players only - Use 9oz and 11oz balls out to 90ft if available.) Once maximum distance is reached, begin the pull-down phase, putting throws on a line and moving in 5 feet with each throw.

Practice

Go into other practice activity from here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Velocity (Sessions 9 and 12)

Physically mature HS players only: Sub this for sessions 9 and 12, if arm feels good

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
-

PlyoCare

- [Reverse Throws](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Pivot Pickoffs](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Roll-In](#) 1 set of 10 (1b black)
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball.
(Physically mature HS players only - Use 9oz and 11oz balls out to 90ft if available.) No pull downs.

Weighted Ball

Throw the following weights into a net, in order ([video](#)):

- 5oz 4 total throws (1st throw at 80%)
 - 6oz 4 total throws (1st throw at 80%)
 - 4oz 4 total throws (1st throw at 80%)
-

Practice

Go into other practice activity from here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Regular (Sessions 13-18)

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
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PlyoCare

- [Reverse Throws](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Pivot Pickoffs](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Roll-In](#) 2 set of 10 (2lb blue/red and 1lb black)
 - [Rocker Throws](#) 1 set of 4 (1lb black (2), regular ball (2))
 - [Walking Windup](#) 1 set of 4 (1lb black (2), regular ball (2))
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball. (Physically mature HS players only - Use 9oz and 11oz balls out to 90ft if available.) Once maximum distance is reached, begin the pull-down phase, putting throws on a line and moving in 5 feet with each throw.

Practice

Go into other practice activity from here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Velocity (Sessions 15 and 18)

Physically mature HS players only: Sub this for session 15 and 18, if arm feels good

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
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PlyoCare

- [Reverse Throws](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Pivot Pickoffs](#) 1 sets of 10 (2lb blue/red and 1lb black)
 - [Roll-In](#) 1 set of 10 (2lb blue/red and 1lb black)
 - [Rocker Throws](#) 1 set of 4 (1lb black (2), regular ball (2))
 - [Walking Windup](#) 1 set of 4 (1lb black (2), regular ball (2))
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball.
(Physically mature HS players only: Use 9oz/11oz balls out to 90ft if available.) No pull downs.

Weighted Ball

Throw the following weights into a net, in order ([video](#)):

- 5oz 4 total throws (1st throw at 80%)
 - 6oz 4 total throws (1st throw at 80%)
 - 7oz 4 total throws (1st throw at 80%)
 - 5oz 4 total throws (All at 100%)
 - 4oz 4 total throws (1st throw at 80%)
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Practice

Go into other practice activity from here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Regular (Sessions 19-24)

Depending on when you started, these may take place during spring practice

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
-

PlyoCare

- [Reverse Throws](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Pivot Pickoffs](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Roll-In](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Rocker Throws](#) 3 sets of 4 (1lb black (2), reg ball (2))
 - [Walking Windup](#) 3 sets of 4 (1lb black (2), reg ball (2))
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball. (Physically mature HS players only - Use 9oz and 11oz balls out to 90ft if available.) Once maximum distance is reached, begin the pull-down phase, putting throws on a line and moving in 5 feet with each throw.

Practice

Go into other practice activity from here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Velocity (Sessions 21 and 24)

Physically mature HS players only: Sub this for session 21 and 24, if arm feels good

Warm Up

- Full [Dynamic Warmup](#)
 - [JBand Routine](#) 1 set of 10 reps
 - Foam Roll 2-3 Passes per Body Part
-

PlyoCare

- [Reverse Throws](#) 2 sets of 10 (2lb blue/red and 1lb black)
 - [Pivot Pickoffs](#) 1 set of 10 (2lb blue/red and 1lb black)
 - [Roll-In](#) 1 set of 10 (2lb blue/red and 1lb black)
 - [Rocker Throws](#) 1 set of 4 (1lb black (2), regular ball (2))
 - [Walking Windup](#) 1 set of 4 (1lb black (2), regular ball (2))
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Throwing Routine

Extension throwing. Play catch at below 80% exertion putting lots of loft under the ball.
(Physically mature HS players only - Use 9oz/11oz balls out to 90ft if available.) No pull downs.

Weighted Ball

Throw the following weights into a net, in order ([video](#)):

- 5oz 4 total throws (1st throw at 80%)
 - 6oz 4 total throws (1st throw at 80%)
 - 7oz 4 total throws (1st throw at 80%)
 - 5oz 4 total throws (All at 100%)
 - 4oz 4 total throws (1st throw at 80%)
 - 3oz 4 total throws (1st throw at 80%)
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Practice

Do other practice activity here; pickoffs, batting practice, defense, glove work, base running, etc

Recovery

- [JBand Routine](#) 1 set of 10 reps
- [Upward Tosses](#) 2 sets of 15 (2lb blue/red OR 1lb black)
- [Band Pullaparts](#) 2 sets of 15
- [No Money Drill](#) 2 sets of 10
- [Side Lying ER Tosses](#) 2 sets of 10 (2lb blue/red or 1lb black)

Drill Overviews

JBand Routine

- We recommend 10 reps of each exercise.
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Reverse Throws

- This drill trains the posterior shoulder to be able to accept the force produced by higher velocities. As well as some thoracic spine mobility work.
 - The athlete kneels onto throwing side knee and starts with torso stacked, create some momentum forward and drive shoulder and elbow back through the natural arm slot.
 - Ball should hit the wall at head height, directly behind the athlete
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Pivot Pickoff Throws

- This drill improves forward rotation in the delivery, medial forearm strength and pronation speed/timing.
 - Start with throwing side perpendicular to target, counter rotate so torso now faces the target and hang throwing hand back in supinated position. Before throwing, fold glove arm down and then drive the wrist over the elbow.
 - Ball should hit the wall at head height
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Roll-In Throws

- Stand facing the target with ball in throwing hand at waist level, take a walking step with throwing side leg and drive powerfully into foot strike be sure to minimize hip rotation and keep toes point to target as walking steps are taken.
 - Drive throwing arm directly back into scapular retraction, no arm swing.
 - As soon as stride foot contact is made, fold glove arm down and deliver ball to target.
 - Rotate around a braced (not flexed) front leg.
 - Ball should hit the wall at head height
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Rocker Throws

- Start this drill with feet near stride length and front foot slightly closed off from target. Create momentum by rocking forward and then back, and then throw ball toward target. Finish by bringing back leg through.
 - Be sure to rotate around a braced (not flexed) front leg.
 - Ball should hit the wall at head height
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Drill Overviews (continued)

Walking Windup

- Facing your target with ball in your throwing hand, take a step forward and rotate your foot as if to use the rubber to throw off a mound. Bring your leg up, stride out and throw the ball.
 - Generate momentum toward the target, try not to pause at balance point
 - Ball should hit the wall at head height
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Upward Tosses

- Holding the ball in your throwing hand with arm out to the side, throw the ball up and catch it as it begins to fall.
 - Let it drop before catching it
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Side Lying ER Tosses

- Laying on the ground on your glove side and holding the ball in your throwing hand with your throwing elbow resting on your ribcage, throw the ball up and catch it as it begins to fall.
 - Let it drop before catching it
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Band Pullaparts

- Using a JBand, either both strands or one depending on the athlete's strength levels or desired resistance, the band apart with straight arms. Exercises are behind the head (elbows can flex for this), two diagonals and straight across the chest.
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No Money Drill

- Using a JBand, either both strands or one depending on the athlete's strength levels or desired resistance, tuck elbows to rib cage forming two 90 degree angles and with hands supinated, pull the bands across the midsection.
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Weighted Ball Pull-Down Throws

- Simple "Run and Gun" throw into a net from 20-40 feet away as hard as possible – intent, intent, intent to throw hard!
 - Throwing should be one-way only and not to a partner. Nobody wants to catch a max-effort 7 ounce ball in the palm.
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Tips

1. **Track your workouts.** Write down what you did and when you did it.
2. **Sleep.** 8-9 hours a day is ideal for most athletes, 10 hours for younger athletes.
3. **Eat.** Very few HS athletes are eating enough. A rule of thumb is 20-25 cal/lb of bodyweight.
4. **Lift weights.** Avoid lifting right before throwing routine.