

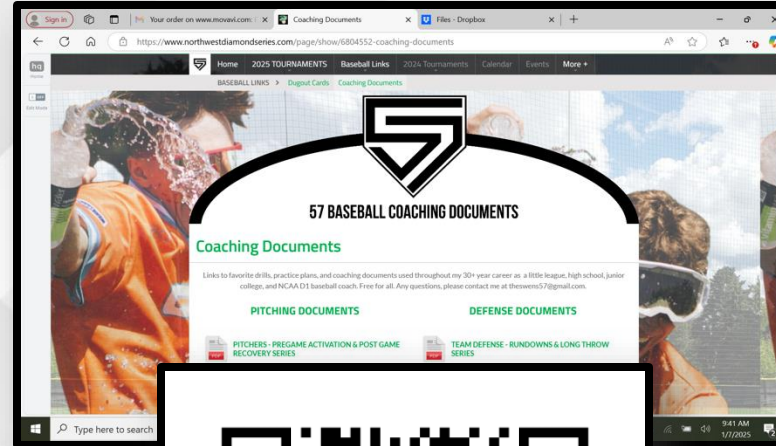
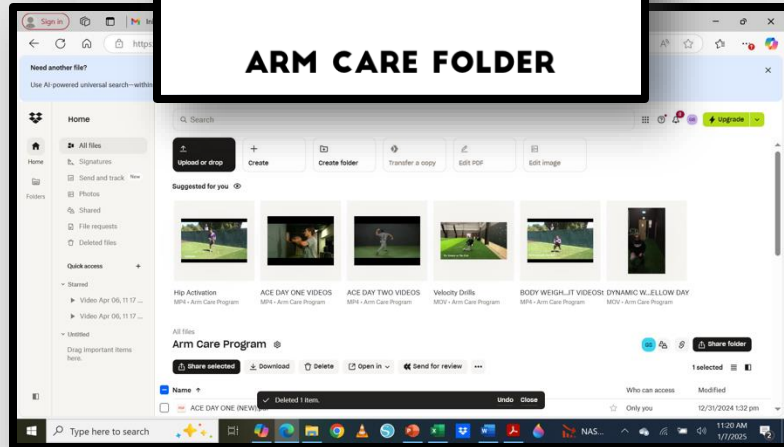
THROW MORE PITCH LESS

Gregg Swenson
WSBCA

ARM CARE PROGRAM RESOURCES



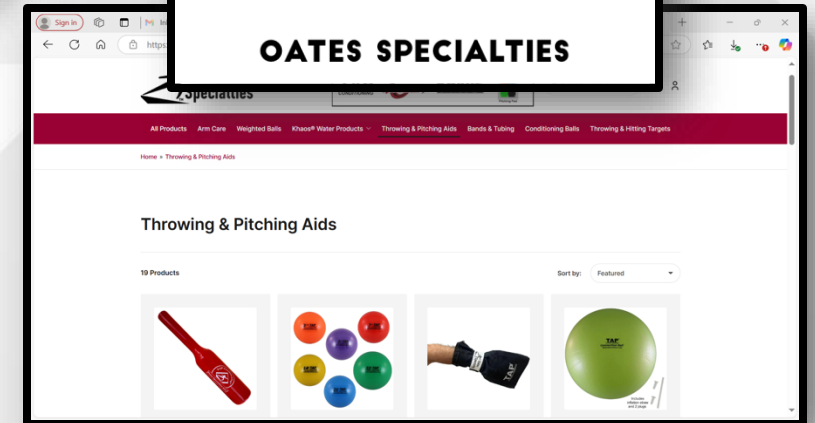
ARM CARE FOLDER



COACHING DOCUMENTS



OATES SPECIALTIES



HIGH SCHOOL BUILDUP CALENDAR

- 75 Days to 50 Pitches
- Enter date and rest of calendar auto populates
- 3 weeks of arc toss
- 2 weeks of pull downs
- 2 weeks of bullpens
- 4 weeks of live outings
- Specifics for each day based on color of day plan.
- Split starters & relievers at 50

ARM CARE BUILDUP THROWING PROGRAM				
50 PITCHES NEEDED BY:		Saturday, March 8, 2025		
	DATE	WARMUP	THROW	RECOVERY WORK
ARC TOSS WEEK 1	Monday, December 23, 2024	ARM HEALTH EXERCISES	ARC TOSS - 30-90'	
	Tuesday, December 24, 2024	ARM HEALTH EXERCISES	ARC TOSS - 90-120'	BAND RECOVERY
	Wednesday, December 25, 2024	OFF DAY		
	Thursday, December 26, 2024	ARM HEALTH EXERCISES	ARC TOSS - 90-120'	
	Friday, December 27, 2024	ARM HEALTH EXERCISES	ARC TOSS - 90-135'	
ARC TOSS WEEK 2	Saturday, December 28, 2024	ARM HEALTH EXERCISES	ARC TOSS - 90-150'	BAND RECOVERY
	Sunday, December 29, 2024	OFF DAY		
	Monday, December 30, 2024	ARM HEALTH EXERCISES	ARC TOSS - 90-150'	
	Tuesday, December 31, 2024	ARM HEALTH EXERCISES	ARC TOSS - 90-165'	
	Wednesday, January 1, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	BAND RECOVERY
ARC TOSS WEEK 3	Thursday, January 2, 2025	OFF DAY		
	Friday, January 3, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	
	Saturday, January 4, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-195'	
	Sunday, January 5, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-210'	
	Monday, January 6, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-225'	BAND RECOVERY
ARC TOSS WEEK 4	Tuesday, January 7, 2025	OFF DAY		
	Wednesday, January 8, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-225'	
	Thursday, January 9, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-240'	
	Friday, January 10, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-255'	
	Saturday, January 11, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-270'	
PULL DOWN WEEK 1	Sunday, January 12, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-285'	BAND RECOVERY
	Monday, January 13, 2025	OFF DAY		
	Tuesday, January 14, 2025	ARM HEALTH EXERCISES	MODIFIED PULL DOWN - 90-255'+	PITCHER CATCH - 10 FB ONLY
	Wednesday, January 15, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	
	Thursday, January 16, 2025	ARM HEALTH EXERCISES	MODIFIED PULL DOWN - 90-270'	
PULL DOWN WEEK 2	Friday, January 17, 2025	OFF DAY		
	Saturday, January 18, 2025	ARM HEALTH EXERCISES	MODIFIED PULL DOWN - 90-285'	PITCHER CATCH - 10 FB ONLY
	Sunday, January 19, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	IRON SCAPS
	Monday, January 20, 2025	OFF DAY		
	Tuesday, January 21, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'	PITCHER CATCH - 10 FB ONLY
PULL DOWN WEEK 3	Wednesday, January 22, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	
	Thursday, January 23, 2025	ARM HEALTH EXERCISES	MODIFIED PULL DOWN - 90-285'	
	Friday, January 24, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	
	Saturday, January 25, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'	PITCHER CATCH - 10 FB ONLY
	Sunday, January 26, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	IRON SCAPS
BULLPEN WEEK 1	Monday, January 27, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	
	Tuesday, January 28, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 1 - 20 PITCHES - FB ONLY
	Wednesday, January 29, 2025	OFF DAY		
	Thursday, January 30, 2025	ARM HEALTH EXERCISES	MODIFIED PULL DOWN - 90-240'	PITCHER CATCH - 10 FB/CH COMBOS
	Friday, January 31, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	
BULLPEN WEEK 2	Saturday, February 1, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	BULLPEN 2 - 30 PITCHES - FB/CH
	Sunday, February 2, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	IRON SCAPS

BULLPEN WEEK 2	Monday, February 3, 2025	OFF DAY		
	Tuesday, February 4, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN - 30 PITCHES - FB/CH
	Wednesday, February 5, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
	Thursday, February 6, 2025	ARM HEALTH EXERCISES	MODIFIED PULL DOWN - 90-240'+	PITCHER CATCH - 10 FB/CH COMBOS
	Friday, February 7, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'+	
LIVE WEEK 1	Saturday, February 8, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	BULLPEN 4 - 40 PITCHES - ALL PITCHES
	Sunday, February 9, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	IRON SCAPS
	Monday, February 10, 2025	OFF DAY		
	Tuesday, February 11, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Wednesday, February 12, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 5 - PREP PEN 25-40 PITCHES - ALL PITCHES
LIVE WEEK 2	Thursday, February 13, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
	Friday, February 14, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Saturday, February 15, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	LIVE 1 - 20 PITCHES
	Sunday, February 16, 2025	OFF DAY		ACE DAY TWO
	Monday, February 17, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
LIVE WEEK 3	Tuesday, February 18, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Wednesday, February 19, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 6 - PREP PEN 25-40 PITCHES - ALL PITCHES
	Thursday, February 20, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
	Friday, February 21, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Saturday, February 22, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	LIVE 2 - 30 PITCHES
LIVE WEEK 4	Sunday, February 23, 2025	OFF DAY		ACE DAY TWO
	Monday, February 24, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
	Tuesday, February 25, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Wednesday, February 26, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 7 - PREP PEN 25-40 PITCHES - ALL PITCHES
	Thursday, February 27, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
LIVE WEEK 5	Friday, February 28, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Saturday, March 1, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	LIVE 3 - 40 PITCHES
	Sunday, March 2, 2025	OFF DAY		ACE DAY TWO
	Monday, March 3, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
	Tuesday, March 4, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
LIVE WEEK 6	Wednesday, March 5, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 8 - PREP PEN 25-40 PITCHES - ALL PITCHES
	Thursday, March 6, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'	
	Friday, March 7, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS
	Saturday, March 8, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	LIVE 4 - 50 PITCHES
	Sunday, March 9, 2025	OFF DAY		ACE DAY TWO

* ARM HEALTH EXERCISES = DYNAMIC WARMUP; BANDS; ARM CIRCLES; NOODLES; GREENIES
* PITCHER CATCH = 50' SHORTER FROM THE MOUND

HIGH SCHOOL BUILDUP CALENDAR

LIVE WEEK 1	Monday, February 10, 2025	OFF DAY			
	Tuesday, February 11, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS	
	Wednesday, February 12, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 5 - PREP PEN 25-40 PITCHES - ALL PITCHES	BAND RECOVERY
	Thursday, February 13, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'		
	Friday, February 14, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/BB COMBOS	
	Saturday, February 15, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-300'+	LIVE 1 - 20 PITCHES	POST LIVE DRILLS
	Sunday, February 16, 2025	OFF DAY			ACE DAY TWO
LIVE WEEK 2	Monday, February 17, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'		
	Tuesday, February 18, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/CH COMBOS	
	Wednesday, February 19, 2025	ARM HEALTH EXERCISES	PULL DOWN - 90-270'+	BULLPEN 6 - PREP PEN 25-40 PITCHES - ALL PITCHES	BAND RECOVERY
	Thursday, February 20, 2025	ARM HEALTH EXERCISES	LIGHT TOSS - 30-90'		
	Friday, February 21, 2025	ARM HEALTH EXERCISES	ARC TOSS - 90-180'	PITCHER CATCH - 10 FB/BB COMBOS	

GREEN, ORANGE, YELLOW & RED DAYS

- Green = Heavy Throw Day (5-10 Pulldowns)
- Orange = Moderate Throw Day (5 Pulldowns)
- Yellow = Mild Throw Day (No Pulldowns)
- Red = Light Throw Day (90-120')
- Key is to not have back to back green/orange days.
- Two way players – practice plan around their colors

**Our job is to manage their arm –
they always say they are fine,
until they are not.**

DAILY COLOR ARM CARE PROTOCOL			
GREEN DAY	ORANGE DAY	YELLOW DAY	RED DAY
<p>1. DYNAMIC WARMUP 2 - PULL DOWN DAY</p> <p>2. ARM CIRCLES</p> <p>A. FORWARD - SMALL 8 BIG</p> <p>B. BACKWARDS - SMALL 8 BIG</p> <p>3. CROSSOVER SYMMETRY ACTIVATION EXERCISES</p> <p>4. NOODLE SERIES 1</p> <p>A. AROUND THE WORLD x5ea</p> <p>B. CLOSE THE DOOR x5</p> <p>C. PAINT THE FENCE x5</p> <p>D. BEHIND THE BACK SHIRLUS x5</p> <p>E. FORWARD THROWS x5</p> <p>5. GREENIES 8</p> <p>A. PARALLEL - NO PADS x8 (21or 32ea)</p> <p>B. MARSHALL 1x8 (21or 32ea)</p> <p>C. 45 SLANTS x8 (21or 32ea)</p> <p>D. PARALLEL BACKWARDS x8 (21or 32ea)</p> <p>E. LAMMCHERS x8 (21or 32ea)</p> <p>F. TRAMPS GROUND x8 (21or 32ea)</p> <p>G. TRAMPS WALL x8ea (21or 32ea)</p> <p>6. THROW - PULL DOWN - 80-100% of MAX (5-10 PULLDOWNS) (TBD)</p> <p>7. MOUND WORK - PITCHER CATCH, BULLPEN OR LIVE OUTING (WHEN APPLICABLE)</p> <p>8. VELOCITY DRILLS (CHOOSE 2 DRILLS) (POST BULLPENS ONLY)</p> <p>A. ON KNEES WITH GO CALL (5/7/3.5/5ea)</p> <p>B. STANDING WITH GO CALL (5/7/3.5/5ea)</p> <p>C. TURN 9 BURNS (5/7/3.5/5ea)</p> <p>D. QUARTERBACKS (5/7/3.5/5ea)</p> <p>E. QUICK PICKS (5/7/3.5/5ea)</p> <p>F. JUMP BACKS (5/7/3.5/5ea)</p> <p>G. DOUBLE PLAYS (5/7/3.5/5ea)</p> <p>9. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY</p> <p>10. CONDITIONING SERIES (WHEN APPLICABLE)</p>	<p>1. DYNAMIC WARMUP 2 - MODIFIED PULL DOWN DAY</p> <p>2. ARM CIRCLES</p> <p>A. FORWARD - SMALL 8 BIG</p> <p>B. BACKWARDS - SMALL 8 BIG</p> <p>3. CROSSOVER SYMMETRY ACTIVATION EXERCISES</p> <p>4. NOODLE SERIES 1</p> <p>A. AROUND THE WORLD x5ea</p> <p>B. CLOSE THE DOOR x5</p> <p>C. PAINT THE FENCE x5</p> <p>D. BEHIND THE BACK SHIRLUS x5</p> <p>E. FORWARD THROWS x5</p> <p>5. GREENIES 2</p> <p>A. LAMMCHERS x8 (32ea)</p> <p>B. MARSHALLS x8 (32ea)</p> <p>C. MARSHALLS (WALKING MARSHALLS) x2(32ea), x2(21ea), x2(14ea)</p> <p>D. WALKING WINDUPS x2(32ea), x2(21ea), x2(14ea)</p> <p>E. ROCKERS x2(32ea), x2(21ea), x2(14ea)</p> <p>6. THROW - MODIFIED PULL DOWN - 80% of MAX (5 PULLDOWNS) (TBD)</p> <p>7. DELIVERY DRILLS (CHOOSE 2 DRILLS TO GET FEEL FOR DELIVERY)</p> <p>A. SLANT BOARD HOOK EM 1 or 2 (4/7/5/3.5ea)</p> <p>B. WALKING WINDUPS (4/7/5/3.5ea)</p> <p>C. WALKING TORQUES (4/7/5/3.5ea)</p> <p>D. STEP INTO or VANDES (4/7/5/3.5ea)</p> <p>E. BOX SQUATS (4/7/5/3.5ea)</p> <p>F. WALKING BOX SQUATS (4/7/5/3.5ea)</p> <p>G. SCREWS (4/7/5/3.5ea)</p> <p>H. RHYTHM SHIFTS (4/7/5/3.5ea)</p> <p>I. DOUBLE CROW HOPS (4/7/5/3.5ea)</p> <p>J. STEP BACKS (4/7/5/3.5ea)</p> <p>8. MOUND WORK - PITCHER CATCH OR BULLPEN (WHEN APPLICABLE)</p> <p>9. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY (WHEN APPLICABLE)</p> <p>10. CONDITIONING SERIES (WHEN APPLICABLE)</p>	<p>1. DYNAMIC WARMUP 1 - ARC TOSS DAY</p> <p>2. ARM CIRCLES</p> <p>A. FORWARD - SMALL 8 BIG</p> <p>B. BACKWARDS - SMALL 8 BIG</p> <p>3. CROSSOVER SYMMETRY ACTIVATION EXERCISES</p> <p>4. NOODLE SERIES 2</p> <p>A. ARM RAISE (FRONT) x8-5</p> <p>B. ARM RAISE (SIDE) x8-5</p> <p>C. INTERNAL/EXTERNAL ROTATION x8-5</p> <p>D. BICEP CURL x8-5</p> <p>E. BEHIND THE BACK SHIRLUS x8-5</p> <p>F. FORWARD THROWS x8-5</p> <p>G. TWIRLS x8-5</p> <p>5. GREENIES 1</p> <p>A. DROPS - AROUND THE WORLD x8 EACH SLOT (32ea)</p> <p>B. TOSSES x8 (32ea)</p> <p>C. PADDLES x8 (32ea EACH HAND)</p> <p>D. PARTNER TOSSES AT 45 ANGLE x8 (32ea)</p> <p>E. TRAMPS GROUND x8 (32ea)</p> <p>6. THROW - ARC TOSSES - 60-80% of MAX</p> <p>7. CONNECTION SERIES (CHOOSE 2 DRILLS TO GET FEEL FOR DELIVERY)</p> <p>A. QUICK PICKS (OVER/OVER/OVER/WITHOUT - 7ea)</p> <p>B. JUMP BACKS (OVER/OVER/OVER/WITHOUT - 7ea)</p> <p>C. SLANT BOARD HOOKS (OVER/OVER/OVER/WITHOUT - 7ea)</p> <p>D. WALKING TORQUES (OVER/OVER/OVER/WITHOUT - 7ea)</p> <p>E. STEP INTO or VANDES (OVER/OVER/OVER/WITHOUT - 7ea)</p> <p>F. QUICK PICKS (OVER/OVER/OVER/WITHOUT - 7ea)</p> <p>8. MOUND WORK - PITCHER CATCH (WHEN APPLICABLE)</p> <p>9. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY (WHEN APPLICABLE)</p> <p>10. CONDITIONING SERIES (WHEN APPLICABLE)</p>	<p>1. DYNAMIC WARMUP 8 - RECOVERY DAY</p> <p>2. ARM CIRCLES</p> <p>A. FORWARD - SMALL 8 BIG</p> <p>B. BACKWARDS - SMALL 8 BIG</p> <p>3. CROSSOVER SYMMETRY ACTIVATION EXERCISES</p> <p>4. THROW - LIGHT TOSSES TO 90' OR OFF DAY (TBD)</p> <p>5. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY (WHEN APPLICABLE)</p> <p>6. MOUND WORK - NONE</p> <p>RECOVERY SERIES (POST GAME & POST BULLPEN)</p> <p>DO THE RECOVERY SERIES IN ORDER AS SHOWN:</p> <p>1) REVERSE PADDLE THROWS WITH 220Z BALL (SETS OF 6)</p> <p>2) LAMMCHER THROWS WITH 220Z BALL (SETS OF 6)</p> <p>*ALTERNATE EXERCISES EACH SET OF 6.</p> <p>*DO # OF SETS TO EQUAL TOTAL NUMBER OF PITCHES THROWN IN 1</p> <p>3) SOCK THROWS WITH 60Z OR 70Z BALL</p> <p>*THROW FOR EVERY 2 PITCHES THROWN</p> <p>4) CROSSOVER SYMMETRY - RECOVERY DRILLS</p> <p>5) CONDITIONING (WHEN APPLICABLE)</p>

GREEN DAY

- Heavy Throw Day (5-10 Pulldowns)
- 80-100%+ of Max Distance
- Usually a Bullpen Day or Live Outing Day
- Additional Drills include Delivery Drills & Velo Drills (if applicable)

GREEN DAY

1. DYNAMIC WARMUP 2 - PULL DOWN DAY

2. ARM CIRCLES

- A. FORWARD - SMALL & BIG
- B. BACKWARDS - SMALL & BIG

3. CROSSOVER SYMMETRY ACTIVATION EXERCISES

4. NOODLE SERIES I

- A. AROUND THE WORLD x5ea
- B. CLOSE THE DOOR x5
- C. PAINT THE FENCE x5
- D. BEHIND THE BACK SHRUGS x5
- E. FORWARD THROWS x5

5. GREENIES 3

- A. PARALLEL - NO PAUSE x10 (21 or 32oz)
- B. MARSHALL I x10 (21 or 32oz)
- C. 45 SLANTS x10 (21 or 32oz)
- D. PARALLEL BACKWARDS x10 (21 or 32oz)
- E. LAWNMOWERS x10 (21 or 32oz)
- F. TRAMPS GROUND x10 (21 or 32oz)
- G. TRAMPS WALL x10sec (21 or 32oz)

6. THROW - PULL DOWN - 80-100% of MAX (5-10 PULL DOWNS) (TBD)

7. MOUND WORK - PITCHER CATCH, BULLPEN OR LIVE OUTING (WHEN APPLICABLE)

8. VELOCITY DRILLS (CHOOSE 2 DRILLS) (POST BULLPENS ONLY)

- A. ON KNEES WITH GO CALL (5/7/3.5/5oz)
- B. STANDING WITH GO CALL (5/7/3.5/5oz)
- C. TURN & BURNS (5/7/3.5/5oz)
- D. QUARTERBACKS (5/7/3.5/5oz)
- E. QUICK PICKS (5/7/3.5/5oz)
- F. JUMP BACKS (5/7/3.5/5oz)
- G. DOUBLE PLAYS (5/7/3.5/5oz)

10. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY

12. CONDITIONING SERIES (WHEN APPLICABLE)

GREEN DAY



NOODLES 1



GREENIES 3



VELOCITY DRILLS

Position Players who Pitch:

Full Go Defensive Day

Bucket Use a Good Thing

Monitor Defensive Throws if Bullpen or Live Day

ORANGE DAY

- Moderate Throw Day (5 Pulldowns – Every Other)
- 80% of Max Distance
- Pitcher Catch includes Breaking Ball
- Can be a Bullpen Day
- Additional Drills include Delivery Drills (if applicable)

ORANGE DAY

1. DYNAMIC WARMUP 2 - MODIFIED PULL DOWN DAY

2. ARM CIRCLES

- A. FORWARD - SMALL & BIG
- B. BACKWARDS - SMALL & BIG

3. CROSSOVER SYMMETRY ACTIVATION EXERCISES

4. NOODLE SERIES 1

- A. AROUND THE WORLD x5ea
- B. CLOSE THE DOOR x5
- C. PAINT THE FENCE x5
- D. BEHIND THE BACK SHRUGS x5
- E. FORWARD THROWS x5

5. GREENIES 2

- A. LAWNMOWERS x10 (32oz)
- B. MARSHALLS1 x10 (32oz)
- C. MARSHALLS2 (WALKING MARSHALLS) x2(32oz), x2(21oz), x2(14oz)
- D. WALKING WINDUPS x2(32oz), x2(21oz), x2(14oz)
- E. ROCKERS x2(32oz), x2(21oz), x2(14oz)

6. THROW - MODIFIED PULL DOWN - 80% of MAX (5 PULL DOWNS) (TBD)

7. DELIVERY DRILLS (CHOOSE 2 DRILLS TO GET FEEL FOR DELIVERY)

- A. SLANT BOARD HOOK EM 1 or 2 (14/7/5/3.5oz)
- B. WALKING WINDUPS (14/7/5/3.5oz)
- C. WALKING TORQUES (14/7/5/3.5oz)
- D. STEP INTO or VANDIES (14/7/5/3.5oz)
- E. BOX SQUATS (14/7/5/3.5oz)
- F. WALKING BOX SQUATS (14/7/5/3.5oz)
- G. SCREWS (14/7/5/3.5oz)
- H. RHYTHM SHIFTS (14/7/5/3.5oz)
- I. DOUBLE CROW HOPS (14/7/5/3.5oz)
- J. STEP BACKS (14/7/5/3.5oz)

8. MOUND WORK - PITCHER CATCH OR BULLPEN (WHEN APPLICABLE)

9. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY (WHEN APPLICABLE)

10. CONDITIONING SERIES (WHEN APPLICABLE)

ORANGE DAY



NOODLES 1



GREENIES 2



DELIVERY DRILLS

Position Players who Pitch:

Minimal Defensive Throws

Bucket Use a Good Thing

Monitor Pull Down Throws & Limit Them

YELLOW DAY

- Mild Throw Day (No Pulldowns)
- 60-70% of Max Distance
- Pitcher Catch includes Change Ups
- Additional Drills include Connection Drills (if applicable)

YELLOW DAY

1. DYNAMIC WARMUP 1 - ARC TOSS DAY

2. ARM CIRCLES

- A. FORWARD - SMALL & BIG
- B. BACKWARDS - SMALL & BIG

3. CROSSOVER SYMMETRY ACTIVATION EXERCISES

4. NOODLE SERIES 2

- A. ARM RAISE (FRONT) x3-5
- B. ARM RAISE (SIDE) x3-5
- C. INTERNAL/EXTERNAL ROTATION x3-5
- D. BICEP CURL x3-5
- E. BEHIND THE BACK SHRUGS x3-5
- F. FORWARD THROWS x3-5
- G. TWIRLS x3-5

5. GREENIES I

- A. DROPS - AROUND THE WORLD x10 EACH SLOT (32oz)
- B. TOSSES x10 (32oz)
- C. PADDLES x10 (32oz EACH HAND)
- D. PARTNER TOSS AT 45 ANGLE x10 (32oz)
- E. TRAMPS GROUND x10 (32oz)

6. THROW - ARC TOSS - 60-80% OF MAX

7. CONNECTION SERIES (CHOOSE 2 DRILLS TO GET FEEL FOR DELIVERY)

- A. QUICK PICKS (OVER/OVER/OVER/WITHOUT - 7oz)
- B. JUMP BACKS (OVER/OVER/OVER/WITHOUT - 7oz)
- C. SLANT BOARD HOOKS (OVER/OVER/OVER/WITHOUT - 7oz)
- D. WALKING TORQUES (OVER/OVER/OVER/WITHOUT - 7oz)
- E. STEP INTO OR VANDIES (OVER/OVER/OVER/WITHOUT - 7oz)
- F. QUICK PICKS (OVER/OVER/OVER/WITHOUT - 7oz)

8. MOUND WORK - PITCHER CATCH (WHEN APPLICABLE)

9. RECOVERY SERIES - CROSSOVER SYMMETRY RECOVERY (WHEN APPLICABLE)

10. CONDITIONING SERIES (WHEN APPLICABLE)

YELLOW DAY



NOODLES 2



GREENIES 1



CONNECTION DRILLS

Position Players who Pitch:

Minimize Defensive Throws

Use a Bucket – Drop Balls in All Drills

No High Effort Throws – Cuts & Relays, Live Defense, Etc.

RED DAY

- Light Throw Day or Off Day
- 90-120' Max
- No Pitcher Catch
- No Additional Drills
- Add ACE Recovery Series on post-live days
 - ACE Day 1 on OFF DAY
 - ACE Day 2 on Light Throw Day
- Repairing the micro-tears within the arm to start the recovery process

RED DAY

1. DYNAMIC WARMUP 3 - RECOVERY DAY

2. ARM CIRCLES

A. FORWARD - SMALL & BIG

B. BACKWARDS - SMALL & BIG

3. CROSSOVER SYMMETRY ACTIVATION EXERCISES

4. THROW - LIGHT TOSS TO 90' OR OFF DAY (TBD)

5. RECOVERY SERIES - CROSSOVER IRON SCAPS (WHEN APPLICABLE)

6. MOUND WORK - NONE

ACE DAY ONE PITCHER RECOVERY PROGRAM

EXERCISE	DESCRIPTION
BODY WEIGHT LEG CIRCUIT	A series of exercises with an emphasis on the lower half using one's bodyweight.
FOAM ROLLER (8-12 sec. each body area)	The pitcher lies on the foam roller, slowly moving his body over select muscle areas to increase recovery.
TISSUE REGENERATION (as long as needed)	The pitcher places a baseball between specific body areas and a wall. The pitcher leans into the ball to keep it from dropping and slowly moves his body so the ball rolls over muscle areas to stimulate tissue regeneration.
CROSSOVER SYMMETRY	The pitcher will complete a set of Crossover Symmetry Band exercises.
OVERHEAD MEDICINE BALL ON TWO FEET (2x25)	The pitcher promotes
OVERHEAD MEDICINE BALL ON ONE FOOT (2x25)	The pitcher promotes
CHEST MEDICINE BALL ON TWO FEET (2x25)	The pitcher promotes
CHEST MEDICINE BALL ON ONE FOOT (2x25)	The pitcher promotes
SIDE-TO-SIDE (2x20sec)	The pitcher promotes
DIAGONALS (2x20sec)	The pitcher promotes
WOODCHOPPER (2x20sec)	The pitcher promotes
PITCHER TORQUES (1x10)	The pitcher promotes
OVERHEAD SOCCER THROWS (1x10)	The pitcher promotes
MEDICINE BALL SIT-UPS (2x25)	The pitcher promotes
SIDE-TO-SIDE SIT-UPS (2x25)	The pitcher promotes
FEET-OFF SIT-UPS (2x25)	The pitcher promotes
LIGHT TOSS	With a partner, the pitcher makes a series of arc throws on the way out and on the way back in. Throw based on how you feel with a goal distance of 60% of max distance.
CROSSOVER IRON SCAPS	The pitcher promotes

ACE DAY TWO PITCHER RECOVERY PROGRAM

EXERCISE	DESCRIPTION
FOAM ROLLER (8-12sec each)	The pitcher lies on the foam roller, slowly moving his body over select muscle areas to increase recovery.
TISSUE REGENERATION (as long as needed)	The pitcher places a baseball between specific body areas and a wall. The pitcher leans into the ball to keep it from dropping and slowly moves his body so the ball rolls over muscle areas to stimulate tissue regeneration.
CROSSOVER SYMMETRY	The pitcher will complete a set of Crossover Symmetry exercises.
ONE-ARM PITCHES AT 90 DEGREES (1x5-8 throws)	The pitcher stands in front of the wall with one foot in front of the other in the release point position. He lays back his throwing arm without turning his hips, and then forcefully throws a one-pound medicine ball into the wall.
BACKWARD PITCHES AT 90 DEGREES (1x5-8 throws)	The pitcher stands in front of the wall at 90 degrees away from being completely squared off to the target. He lays back his throwing arm, turns his hips toward the wall, and then forcefully throws a one-pound medicine ball into the wall.
ONE-ARM PITCHES AT 135 DEGREES (1x5-8 throws)	In the outfield or another open area, the pitcher throws a medicine ball up in the air as high as he can but slightly behind him. Then he immediately turns to retrieve the ball and repeats the motion.
FORWARD PITCHES AT 135 DEGREES (1x5-8 throws)	The pitcher stands in front of the wall at 135 degrees away from being completely squared off to the target. He lays back his throwing arm, turns his hips toward the wall, and then forcefully throws a one-pound medicine ball into the wall.
CROSSOVER NEGATIVES (1x5-8 throws)	In the outfield or another open area, the pitcher throws a medicine ball up in the air as high as he can but slightly behind him. Then he immediately goes to retrieve the ball and repeats the motion.
TWO-ARM MEDICINE BALL SLAMS (1x10)	With his back facing the wall, the pitcher stands with one foot in front of the other. He again lays his arm back, but he forcefully lets go of a one-pound medicine ball into the wall behind him.
TRAMP THROWS (1x25)	The pitcher stands in an athletic position within 8-30 pound medicine ball in his hands. The pitcher forcefully throws the ball with both hands to the ground as if he is swinging a kledgehammer. He then repeats this on the other side of his body.
GROUND TRAMP THROWS (2x10)	A partner holds a mini-trampoline against a wall. The pitcher throws a medicine ball into the trampoline, catches it as it returns, and immediately bounces it again.
BODY BLADE SERIES	The pitcher bounces a medicine ball on a mini-trampoline that's on the ground. He catches the ball as it returns and immediately bounces it again.
BODY BLADE HORIZONTAL SHOULDER FLEXION	Each exercise is performed to burnout. Some positions may lead to burnout in 10-15 seconds. Some may take 60 seconds. When doing full range exercises, such as those that simulate the pitching motion, the pitcher should stay to make it through the range of motion three to five times while remaining balanced and in control without raising a knee. The pitcher should keep his shoulders depressed and his head and chest up. He must not slouch. Correct positioning ensures correct form and causes the muscles to be used more efficiently and in similar positions to throwing.
BODY BLADE VERTICAL SHOULDER FLEXION	Hold the body blade at chin level and shake the blade vigorously until it burnout. If this becomes easy, move through an entire range of motion from hip to overhead level. This is done with throwing arm only.
BODY BLADE HORIZONTAL SHOULDER FLEXION	Hold the body blade at chin level with the thumb down and shake the blade vigorously until burnout. If this becomes easy, perform each set for a longer duration. This is done with throwing arm only.
BODY BLADE HORIZONTAL SHOULDER FLEXION	Hold the body blade at chin level with the thumb up and shake the blade vigorously until burnout. If this becomes easy, perform each set for a longer duration. This is done with throwing arm only.
BODY BLADE HORIZONTAL SHOULDER ABDUCTION	Hold the body blade at chin level off to the side and shake the blade vigorously until burnout. If this becomes easy, move through an entire range of motion from hip to overhead level. This is done with throwing arm only.
BODY BLADE VERTICAL SHOULDER ABDUCTION	Hold the body blade at chin level off to the side, with the thumb down and shake the blade vigorously until burnout. If this becomes easy, perform each set for a longer duration. This is done with throwing arm only.
BODY BLADE BEHIND-THE-BACK HORIZONTAL SHOULDER ABDUCTION	Hold the body blade about 4 inches from your rear end. With the elbow locked shake the blade front to back vigorously until burnout. Remember to keep the shoulders depressed and not shrugged up as you fatigue. If this exercise becomes easy, perform each set for a longer duration. This is done with the throwing arm only.
BODY BLADE DIAGONAL PITCHING MOTION	Hold the body blade in a reverse C position with the arm all the way back and fully extended into the cocked position. You can begin the one foot on both feet in a pitching position. Begin making the body blade and moving through the pitching motion, finishing on the landing leg and continuing through to a half squat. Then return all the way to the beginning position without stopping. Do 3-5 repetitions from start to finish.
BODY BLADE REVERSE DIAGONAL PITCHING MOTION	Hold the body blade in front of the body with the elbow in front of the face. Move the body blade diagonally until the arm is extended with the palm facing away from the body at approximately waist level. If this exercise becomes easy, perform each set for a longer duration. This is done with the throwing arm only.
AIR TOSS	With a partner, the pitcher makes a series of arc throws on the way out and on the way back in. Throw based on how you feel with a goal distance of 60% of max distance.

RED DAY



BODYWEIGHT CIRCUIT



ACE DAY ONE



ACE DAY TWO

Position Players who Pitch:

Primarily Ace Day Two

**Bodyweight Circuit Instead of Running
Bucket Only - No Defensive Throws**

ACTIVATION ROUTINE

PRE-GAME WARMUP SERIES

RECOMMENDED USE BASED ON TIME:

- 0-5 MINUTES – BANDS, ARM CIRCLES
- 5-10 MINUTES – HIP ACTIVATIONS, BANDS, ARM CIRCLES
- 10-15 MINUTES – HIPS, BANDS, ARM CIRCLES, GREENIE SERIES
- 15-20 MINUTES – HIPS, BANDS, ARM CIRCLES, GREENIE SERIES, NOODLE SERIES
- 20-25 MINUTES – HIPS, BANDS, ARM CIRCLES, GREENIE SERIES, NOODLE SERIES, SOCK THROWS

HIP ACTIVATION

- MOBILITY SERIES TO ACTIVATE THE HIPS
- LAY OUT 4 BALLS / CONES ABOUT 1 YARD APART
- EXERCISES
 - LATERAL (SETS: SLOW, FAST, SKIP)
 - FORWARD (SETS: SLOW, FAST, SKIP)
 - EXTERNAL ROTATION (SETS: SLOW, FAST, SKIP)
 - GO OUT ONE WAY AND BACK THE OTHER
 - INTERNAL ROTATION / ANKLE TOUCH (SETS: SLOW, FAST, SKIP)
 - GO OUT ONE WAY AND BACK THE OTHER
 - STRAIGHT LEG EXTENSIONS (SETS: SLOW, FAST, SKIP)

JAEGER BANDS OR CROSSOVER SYMMETRY BANDS

- WARMUP SERIES
- REPS PER EXERCISE AS RECOMMENDED

ARM CIRCLES

- 10 REPS OF EACH SET
- EXERCISES
 - PALMS DOWN
 - FORWARD BIG
 - FORWARD SMALL
 - BACKWARDS BIG
 - BACKWARDS SMALL
 - PALMS UP
 - FORWARD BIG
 - FORWARD SMALL
 - BACKWARDS BIG
 - BACKWARDS SMALL

SHOULDER SERIES – NOODLES 1

- 3-5 REPS OF EACH SET UNLESS NOTED
- EXERCISES
 - AROUND THE WORLD (SIDE, FRONT, ACROSS)
 - CLOSE THE DOOR
 - PAINT THE FENCE
 - BEHIND THE BACK SHRUG (1-3 SETS OF 10 SECONDS)
 - FULL THROWS

SHOULDER SERIES – NOODLES 2

- 3-5 REPS OF EACH SET UNLESS NOTED
- EXERCISES
 - ARM RAISE - FRONT
 - ARM RAISE - SIDE
 - INTERNAL EXTERNAL ROTATION
 - BICEP CURL
 - BEHIND THE BACK SHRUG

- FORWARD THROWS
- TWIRLS

SHOULDER SERIES – GREENIES1

- RECOMMENDED USE - 32OZ (GREEN BALL) OR 21OZ (BLUE BALL)
- 10 REPS PER SET
- EXERCISES
 - DROPS – SIDE – 10 GREEN (32OZ) OR BLUE (21OZ)
 - DROPS – FRONT – 10 GREEN (32OZ) OR BLUE (21OZ)
 - DROPS – ACROSS – 10 GREEN (32OZ) OR BLUE (21OZ)
 - TOSSES – 10 GREEN (32OZ) OR BLUE (21OZ)
 - PADDLES – 10 GREEN (32OZ) OR BLUE (21OZ)
 - PARTNER TOSS – 10 GREEN (32OZ) OR BLUE (21OZ)
 - TRAMP GROUND – 10 GREEN (32OZ) OR BLUE (21OZ)

SHOULDER SERIES – GREENIES2

- 6-10 REPS DEPENDING ON EXERCISE
- EXERCISES
 - LAWNMOWERS – 10 GREEN (32OZ) OR BLUE (21OZ)
 - MARSHALL 1 – 10 GREEN (32OZ) OR BLUE (21OZ)
 - MARSHALL 2 – 10 GREEN (32OZ) OR BLUE (21OZ)
 - WALKING WINDUPS – 2 GREEN (32OZ), 2 BLUE (21OZ), 2 YELLOW (14OZ)
 - ROCKER THROWS – 2 GREEN (32OZ), 2 BLUE (21OZ), 2 YELLOW (14OZ)

SHOULDER SERIES – GREENIES3

- 6-10 REPS DEPENDING ON EXERCISE
- EXERCISES
 - PARALLEL – NO PAUSE – 10 GREEN (32OZ) OR BLUE (21OZ)
 - MARSHALL 1 – 10 GREEN (32OZ) OR BLUE (21OZ)
 - 45 SLANTS – 10 GREEN (32OZ) OR BLUE (21OZ)
 - PARALLEL BACKWARDS – 10 GREEN (32OZ) OR BLUE (21OZ)
 - LAWNMOWERS – 10 GREEN (32OZ) OR BLUE (21OZ)
 - TRAMP GROUND – 10 GREEN (32OZ) OR BLUE (21OZ)
 - TRAMP WALL – 10 SECONDS GREEN (32OZ) OR BLUE (21OZ)

ARM ACTIVATION – SOCK SERIES

- USE PURPLE (5OZ), BASEBALL (5OZ), OR RED (7OZ) BALL INSIDE SOCK
- 15 REPS PER SET
- EXERCISES
 - RHYTHM THROWS – 1 SET
 - HOOK 'EM OR KOUFAX DRILL – 1 SET
- RECOMMEND EACH PLAYER HAVE A SOCK IN THEIR BAG
 - INVALUABLE FOR STARTING PITCHER TO USE FOR WARMUP THROWS WHILE WAITING FOR CURRENT GAME TO END, ESPECIALLY WITH TURF FIELD GAMES AND THE QUICK TURNAROUND ON GAME TIME
 - USE TO SIMULATE LONG TOSS WARMUP THROW

ACTIVATION ROUTINE



ARM CIRCLES



HIP ACTIVATIONS



SOCK THROWS

DYNAMIC WARMUP, PLUS...

0-5 Minutes – add Bands & Arm Circles

5-10 Minutes – add Hip Activations

10-15 Minutes – add Greenie Series

15-20 Minutes – add Noodle Series

20-25 Minutes – add Sock Throws

RECOVERY ROUTINE

- Sock Throws
- Reverse Greenie Series
- Band Recovery Series – Jband or Crossover Recovery Series



POSTGAME RECOVERY SERIES (10-15 MINUTES TOTAL TIME)

SOCK THROWS

- 1 THROW FOR EVERY 2 PITCHES THROWN IN THE GAME
 - EXAMPLE – 60 PITCHES THROWN = 30 SOCK THROWS
- LIGHT THROWS – 45-60' EFFORT

REVERSE GREENIE SERIES

- RECOMMENDED USE
 - 32OZ (GREEN BALL) OR 21OZ (BLUE BALL)
- EXERCISES
 - LAWNMOWER THROWS
 - REVERSE THROWS
- 1 REVERSE THROW FOR EVERY PITCH THROWN
- SETS OF 15
- ALTERNATE EXERCISES EVERY 15 THROWS (SETS)
 - EXAMPLE – 60 PITCHES THROWN
 - 15 LAWNMOWERS
 - 15 REVERSE THROWS
 - 15 LAWNMOWERS
 - 15 REVERSE THROWS

JAEGER BANDS OR CROSSOVER SYMMETRY BANDS

- RECOVERY SERIES
- REPS PER EXERCISE AS RECOMMENDED

RECOVERY ROUTINE



REVERSE THROWS



SOCK THROWS



RECOVERY BANDS

AFTER A BULLPEN OR LIVE OUTING

- **Reverse Throws: 1 Throw for every Pitch Thrown, in 15 Pitch Sets**
 - 60 Pitches = 15 Lawnmowers, 15 Reverse, 15 Lawnmowers, 15 Reverse
- **Sock Throws: 1 Throw for every 2 Pitches Thrown**
 - 60 Pitches = 30 Sock Throws
- **Recovery Bands: as described by specific band program**

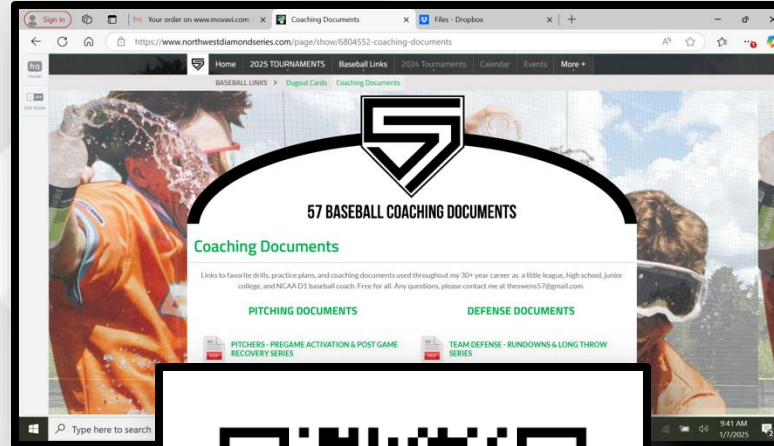
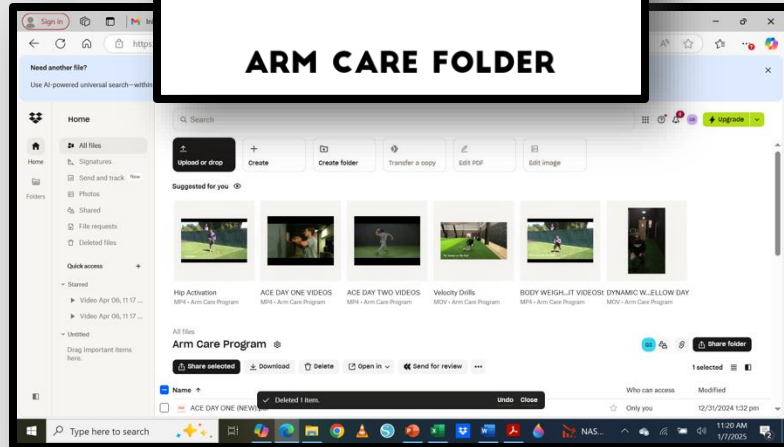
COACH/ATHLETE COMMUNICATION



ARM CARE PROGRAM RESOURCES



ARM CARE FOLDER



COACHING DOCUMENTS



OATES SPECIALTIES

