



Southern Maine River Rats Baseball

RR Throwing Program

Warm Up (pre workout/throw routine):

10 reps *Jumping Jacks*

10 reps *Seal Jacks*

10 reps *Flings*

10 reps *Push Ups*

10 reps *No Money*

10 reps *Pullbacks*

20 sec *Front and Side (R/L) Planks*

10 sec *Fast Feet/Slow Hands*

10 reps *Squats*

10 reps *Walking Leg Kicks*

10 reps *Scoops*

10 reps *Lunges w/ Reach*

10 reps *Yoga push Ups*

10 reps *Lateral Lunges*

10 reps *Hips Abductor*

10 reps *90/90 Hip and T Spine Flips*

4 reps *Sprints (leading position)*

Day 1: Flat Ground Throwing Drills

10 throws *Square Drill*

10 throws *Figure 8 Drill*

10 throws *Torque Drill*

10 throws *Step In Drill*

10 throws *Step Behind Drill*

Day 2: Explosive Movements

2 Sets, 8 reps *Squats Jumps*

2 Sets, 8 reps *Push Ups w/ Clap or Pop Up*

2 Sets, 8 reps *Lunge Jumps*

2 Sets, 8 reps *Burpees*

2 Sets, 8 reps *Skater Jumps*

2 Sets, 8 reps *Mountain Climbers to 20 yd Sprint*

4 Sets, 1 rep *5,10,5 Sprint*

Day 3: Long Toss Program

10U

Distance	Reps	Type
30'	5	Stretch
50'	5	Stretch
70'	5	Stretch
90'	5	Stretch
110'	5	Stretch
130'	5	Stretch
130'	2	Pull Down
110'	2	Pull Down
90'	2	Pull Down
70'	2	Pull Down
50'	2	Pull Down

11-12U

<i>Distance</i>	<i>Reps</i>	<i>Type</i>
40'	5	Stretch
60'	5	Stretch
80'	5	Stretch
100'	5	Stretch
120'	5	Stretch
140'	5	Stretch
140'	2	Pull Down
120'	2	Pull Down
100'	2	Pull Down
80'	2	Pull Down
60'	2	Pull Down

13-15U

<i>Distance</i>	<i>Reps</i>	<i>Type</i>
50'	5	Stretch
70'	5	Stretch
90'	5	Stretch
110'	5	Stretch
130'	5	Stretch
150'	5	Stretch
150'	2	Pull Down
130'	2	Pull Down
110'	2	Pull Down
90'	2	Pull Down
70'	2	Pull Down

Showcase

<i>Distance</i>	<i>Reps</i>	<i>Type</i>
60'	5	Stretch
90'	5	Stretch
120'	5	Stretch
150'	5	Stretch
180'	5	Stretch
210'	5	Stretch
210'	2	Pull Down
180'	2	Pull Down
150'	2	Pull Down
120'	2	Pull Down
90'	2	Pull Down

***Maintain good mechanics during all long toss throws. Each stretch throw should be performed with low effort and good arc, adding height on throws when increasing distance. Each Pull Down should be performed with good intensity and on a line.

Day 4: Explosive Movements

2 Sets, 8 reps *Squats Jumps*

2 Sets, 8 reps *Push Ups w/ Clap or Pop Up*

2 Sets, 8 reps *Lunge Jumps*

2 Sets, 8 reps *Burpees*

2 Sets, 8 reps *Skater Jumps*

2 Sets, 8 reps *Mountain Climbers to 20 yd Sprint*

4 Sets, 1 rep *5,10,5 Sprint*

Day 5: Timing and Arm Action Drills (no throws): Dry Reps

Synching up- Separation of hands happening as stride foot goes forward

Staying on top- Fingers maintaining leverage on baseball

Capturing momentum of arm swing- Staying in motion, no segments to arm action

Timing at front foot strike- Arm position at landing; baseball facing 3B w/ Ball just inside and above elbow

Day 6: Bullpens or Flat Ground (non-pitchers), and Explosive Movements

20 Fastballs: Location (5 Down and In, 5 Up and Away, 5 Down and Away, 5 Up and In)

10 Change Ups: Maintain tempo and timing of the delivery, as well as arm speed

5-10 Spin/Secondary Pitches: Stay connected (arm and glove path) and stay closed (shoulder, hip, side of shoe)

2 Sets, 8 reps *Squats Jumps*

2 Sets, 8 reps *Push Ups w/ Clap or Pop Up*

2 Sets, 8 reps *Lunge Jumps*

2 Sets, 8 reps *Burpees*

2 Sets, 8 reps *Skater Jumps*

2 Sets, 8 reps *Mountain Climbers to 20 yd Sprint*

4 Sets, 1 rep *5,10,5 Sprint*

Day 7: Rest

Post Throw Routine

Jumping Jacks

Seal jacks

Flings

Push Ups

No Money

Pullbacks

Planks

Resistance Bands (T's, Y's, Ws)

Sleeper Stretch

Behind Back Towel Stretch

Running