



JOLIET CATHOLIC BASEBALL

<ul style="list-style-type: none"> * 3 State Championships * 12 State Finals Appearances * 34 Professional Baseball Players 	<ul style="list-style-type: none"> * 2 Summer State Championships * 8 Major Leaguers * 24 Division I Players since 2000
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March Onward to Victory!

Hilltopper Baseball Daily Throwing Program

*Perform DTP even before “Live” Days

- **Dynamic Warmup** (skips, carioca, stretch, etc)
- **J-Band/Wrist Weight Warmups** (see Coach Quigs for detailed exercises if needed)
- **Plyo/Weighted Ball Routine**
 - Forward/Wrong Foot Throws: 2x12 2lb. and 1lb.
 - Reverse Throws: 2x12 2lb. and 1lb.
- **Wall Drills**
 - Arm Swing with back to the wall
 - Hersheiser Drill (front hip to wall)
 - Line Drills- for stride direction
- **Catch Progression**
 - Wrong Foot Throws (teaches “late launch/extension”)- 3-5 throws
 - Stride Out Throws (point front foot at target, feel separation upper/lower half)- 3-5 throws
 - Step Behinds into long toss
 - Long Toss- 12-20 minutes, begin to simulate arc/longer distance. Include changeup, finish with pulldowns.
 - Pull Downs- Utilize “run-and-guns” and “turn-and-burns”-3-5 per drill
 - Flat Ground Progression- 3-5 “Cross Overs” (Set up and take head back over back leg, raise front side slightly). 3-5 Cross Over Taps for Rhythm.
 - Flat Ground- 2 sets of 15. Focus on Fastball down and away, and changeup. 3-5 changeups. Can start spinning breaking ball next week as well.
- **Conditioning, Sprints, J-Bands/Cool Down, In-Season Maintenance Lifting**