



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!

Winter Throwing Program

We are coming up to the holiday season which means we are approaching the start of our winter throwing program. I have broken up the throwing program into 3 parts. Part 1 officially begins on December 14th but if you have begun to throw it is no problem. Part 2 will begin at the beginning of 2016 and will involve the buildup into our long toss program. Part 3 marks the beginning of bullpen work.

Part 1 of our winter throwing program will be a slow and gradual buildup, never to exceed 90'. You should have been lifting most of the winter and this part of the throwing program is to help stretch your throwing muscles and getting the feel back for throwing a baseball. **We will begin each days warmup with our J-Bands/Wrist Weights/PlyoBall Routine.** Over the next 2-3 weeks you are to play easy catch for 8-10 minutes, massaging the arm with **MINIMAL effort between 45-60-75', 4-5 Times Per Week.** We are not going to rush this phase as it will be the foundation to everything we do in the throwing program, bullpens, preseason practice, regular season, post season and for the rest of your careers.

A broad description of our Regular Season Throwing Program for the 2016 season is below:

- Pitchers will be allotted a 20 minute window to get their throwing done to completion.
 - You will move back in distance only after you are throwing comfortably at the current distance. This will continue all the way through long toss at your maximum distance for that day.
 - Your Daily Throwing Program (**DTP**) is **THE MOST CRITICAL** part of your day and its importance will be emphasized on a daily basis.

- Long Toss will be performed on a daily basis with the goal of 150'.
 - Pitchers can work longer or shorter based on current workload or game schedule but only after discussing the reasons with the pitching coach.
 - Once pitchers get past 90' a crow hop or "gaining ground" must be used (when working back to longer distances). Distances greater than 120' will be performed with some arc or air under the ball, this is not the time to cut it loose.
 - When working back in from long toss, throws can remain on a line from 120' and closer.
 - Again, any throws beyond 120' will have air under them and emphasis will be on getting good extension to each throw.

- Flat ground is to be performed on a daily basis with distances between 50-60'. This is not a bullpen! Effort level is minimal at best, focusing on getting extension and finishing pitches out front. Off speed is to be thrown as well with emphasis on spin and finish. A typical flat ground session will be 10-15 pitches with 8-10 FB's thrown per session. The remainder will be off-speed.
- **Part 2:** 3-4 Weeks. This portion of the Throwing Program is the building up of our arms through long toss, it lasts all season and becomes the buildup to the bullpens that will be thrown at the end of January/ Early February.
- **Part 2** of the Program will be extending our throwing to 150'+ and working back in to flat ground

Part 2 adds to the throwing in Part 1, increasing the distance incrementally out to what will be our daily distance of 150'

***Use this time well, build up slowly and create a solid foundation to work and develop from. Call me or any other pitching coach with any questions or concerns.**

Part 2 of Winter Throwing Program - January

Part 2 of the Winter Throwing Program will begin the first couple of days in January. Part 2 should consist of 2 days on 1 day off schedule for the entire 3-4 weeks.

Day 1: 45-60-90' (10-12 Minutes of throwing)

Day 2: 45-60-90'

Day 3: Off

Day 4: 45-60-90-120' (10-12 Minutes)

Day 5: 45-60-90' (10 minutes)

Day 6: Off

Day 7: 45-60-90-120' (10-12 Minutes)

Day 8: 45-60-90' (10 Minutes)

Day 9: Off

Day 10: 45-60-90-120' (10-12 Minutes)

Day 11: 45-60-90 (10 Minutes)

Day 12: Off

Day 13: 45-60-90-120' (12-15 Minutes)

Day 14: 45-60-90 (10 Minutes)

Day 15: Off

Day 16: 45-60-90-120' (12-15 Minutes)

Day 17: 45-60-90-120' (10-12 Minutes, adjust for soreness. Shorter distances for longer time but get back to 120')

Day 18: Off

Day 19: 45-60-90-120' (12-15 Minutes)

Day 20: 45-60-90 120' (10-12 Minutes)

Day 21: Off

Day 22: 45-60-90-120-150' (12-15 Minutes) Air under the ball once past 120', easy throws

getting some stretch out of the distance.

Flat ground (10-12 throws FB/CH)

Day 23: 45-60-90' (120' optional) (10-12 Minutes)

Flat Ground

Day 24: Off

Day 25: 45-60-120-150' (12-15 Minutes)

Flat ground (10-15 Throws) FB/CH

Day 26: 45-60-90-120'

Flat Ground

Day 27: Off

Day 28: 45-60-90-120-150' (12-15 Minutes)

Flat Ground

Day 29: 45-60-90-120-150' (10-12 Minutes)

Flat Ground

Day 30: Off

Part 3 Winter Throwing Program – February

Part 3 of the program starts with the DTP (Daily Throwing Program) for the regular season and beginning of bullpen work. Days highlighted in blue are “mound/pen” days.

Day 1: 45-60-90-120-150'

Flat Ground

20 Pitch Touch and Feel Side (60-75% effort FB/CH)

Day 2: 45-60-90-120' (150' optional)

Flat Ground

Day 3: Off

Day 4: 45-60-90-120-150'

Flat Ground

Day 5: 45-60-90-120-150'

Flat Ground

20 Pitch Touch and Feel (FB/CH)

Day 6: 45-60-90-120' (150' Optional)

Flat Ground

Day 7: Off

Day 8: 45-60-90-120-150'

Flat Ground

Day 9: 45-60-90-120-150'
Flat Ground
25 Pitch Touch and Feel (FB/CH)

Day 10: 45-60-90-120-150'
Flat Ground

Day 11: Off

Day 12: 45-60-90-120-150'
Flat Ground

Day 13: 45-60-90-120-150'
Flat Ground
20 Pitch Side (75-85% effort level) FB/CH

Day 14: 45-60-90-120' (150' Optional)
Flat Ground

Day 15: Off

Day 16: 45-60-90-120-150'
Flat Ground

Day 17: 45-60-90-120-150'
Flat Ground - 25 Pitch Side (FB/CH) spin (50-60%) breaking ball (5-6 pitches)

Day 18: 45-60-90-120' (150' Optional)
Flat Ground

Day 19: Off

Day 20: 45-60-90-120-150'
Flat Ground

Day 21: 45-60-90-120-150'
Flat Ground- 25 Pitch Side (75-85%, spin breaking ball)

Day 22: 45-60-90-120' (150' Optional)
Flat Ground

Day 23: 45-60-90-120-150'
Flat Ground

Day 24: Off (Optional 45-60-90' throwing day)

Day 25: 45-60-90-120-150'
Flat Ground

Day 26: 45-60-90-120-150'
Flat Ground

Day 27: 30 Pitch side (FB/CH/Breaking Ball)

Day 28: 45-60-90-120' (150 Optional)
Flat Ground

Day 29: 45-60-90-120-150'
Flat Ground