

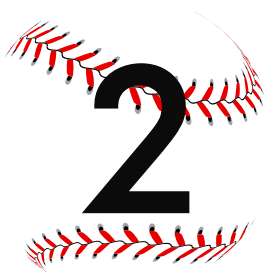


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ATHLETICS

PITCHING PROGRAM STRUCTURE

DYNAMIC WARM UP & ACTIVATION

Preparation of body and
mind for athletics
movements



MOVEMENT PREP

Enhance and integrate
fundamental movement
patterns

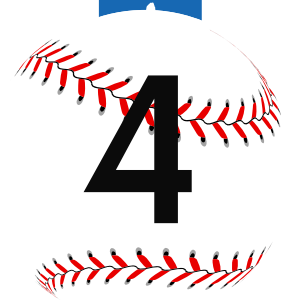
MOVEMENT TRAINING

Educate and
promote powerful,
efficient, and
repeatable actions



THROWING

Pitching drills, catch
play, long toss, bullpen
sessions, and live
batting practice are all
included.



COOL DOWN & ARM CARE

Enhance recovery time,
reduce soreness, and build
arm strength that can
withstand the rigors put on
the arm



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PITCHING PROGRAM STRUCTURE



DYNAMIC WARM UP & ACTIVATION

To excel in athletic pursuits, it is crucial to prepare both your body and mind for the physical challenges ahead. Physical preparation involves proper warm-up routines to prevent injuries and optimize performance. This can include dynamic stretches, cardio exercises, and strength training specific to the sport you are engaging in.

Equally important is mental preparation.

Athletes often use techniques such as visualization, positive self-talk, and mindfulness to focus their minds and enhance their performance. Setting specific goals, staying focused on the task at hand, and maintaining a positive attitude can make a significant difference in achieving success in sports.

By combining physical preparation with mental readiness, athletes can perform at their best, overcome obstacles, and reach their full potential in their athletic endeavors. Remember, a strong body and a focused mind are the keys to success on the field, court, track, or any other arena where sports are played.



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PITCHING PROGRAM STRUCTURE



MOVEMENT PREP

By honing in on and incorporating essential movement patterns, individuals can improve their overall physical abilities and coordination. By focusing on athletic movements that mirror the sequencing of a pitcher's kinetic chain, individuals can enhance their functional strength and mobility.

Integrating these fundamental movement patterns into an offseason throwing program can help individuals move more efficiently, prevent injuries, and support overall health.



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MOVEMENT TRAINING

In order to move well you have to feel where power comes from. The idea comes from being able to “generate” naturally vs “create”.

When you are positioning your body in a way to deliver the body in a powerful yet repeatable pattern, you are generating forces from the ground up. When pitchers are trying to “create” energy, they put their bodies in inadvertent positions that actually end up leaking power. You may have heard this as less is more.

To get the athlete to “feel” proper movements we incorporate athletics movements as well as weighted variables.



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PITCHING PROGRAM STRUCTURE



THROWING DEC-FEB

A proper throwing progression is crucial for pitchers as they prepare for the upcoming season. This structured approach ensures that pitchers gradually build up their arm strength, mobility, and mechanics, reducing the risk of injury. It also allows pitchers to focus on developing their skills and refining their techniques in a systematic manner.

A proper throwing progression can help pitchers work on their control, accuracy, and pitch selection. By incorporating different types of throws and pitches into their training regimen, pitchers can enhance their overall performance on the mound.

Our experienced staff lay out the workouts each week as well as coordinate with each athlete to make sure the demand on the arm is not too much. We do this through regular communication and adjustments to each athlete if necessary.



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PITCHING PROGRAM STRUCTURE



COOL DOWN AND ARM CARE

Ensuring proper arm care and incorporating a thorough cool-down routine are essential practices for pitchers to maintain their arm health and performance on the mound. Pitchers subject their arms to high levels of stress with each throw, making it crucial to prioritize arm care to prevent injuries and enhance longevity in the game.

To effectively care for their arms, pitchers should incorporate a combination of rest, stretching, and strengthening exercises into their routine. Rest is vital to allow the arm muscles to recover and repair after pitching sessions. Incorporating strengthening exercises, such as resistance band work, can help build the muscles around the shoulder and elbow to provide better support and stability during the throwing motion.

Equally important is the cool-down phase after pitching. A proper cool-down routine helps the body transition from intense activity back to a resting state, reducing muscle soreness and stiffness. Pitchers can engage in light aerobic exercises, followed by gentle stretching to promote blood flow and aid in the removal of lactic acid buildup in the muscles.

By educating our pitchers to prioritize arm care and incorporating a thorough cool-down routine into their practice regimen, pitchers can maintain optimal arm health, prevent injuries, and perform at their best on the field.