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Phases of a Developmental Year PITCHERS

September-October

Players Compete and Staff Evaluates:

Staff takes the time to evaluate strengths and weaknesses in pitchers. The goal is to start developing a plan of action for the winter to develop S.M.A.R.T. Goals



November/December

Individualize and Make Improvements

During this non competing stage of the year, our athletes will gain a large understanding of improvements they need to make and how they will make them



January/February

Increase Throwing Volume and Pitch Design:

One of the best ways to have success on the mound is to understand your pitches and the how to use them in sequences. During this phase not only are we increasing volume on the mound and starting live BP's, staff are also using technology to help players understand their pitches and how to compete on the mound.



March/April/May

High School Competitive Season:

We use this time of the year for touchpoints and to keep in touch with our pitchers. We make sure they are completing arm care and have access to routines laid out by the pitching staff.

June/July

Summer Competitive Season

Our staff that helped you make gains in the offseason follow your progression into the season. Our goal is to provide an end to end service for our athletes.

