

**OWATONNA HIGH SCHOOL**

# OFF - SEASON WORKOUTS

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Throwing Program

KAIZEN – CONTINUOUS IMPROVEMENT

2012 - 2013



*You have very little control of what goes around you.*

*You have TOTAL control of how you respond and plan your future.*

# OWATONNA BASEBALL

## OFF – SEASON THROWING PROGRAM

### DECEMBER

\*Open Gyms (Wednesdays from 7:00 – 9:30 PM at OJHS)

Stretch and Band Work (Optional)  
Cardio – recommended 5 – 10 minutes  
Throwing Progression (20 – 30 Minutes)  
- Max distance of 120 feet  
Stretch and ice if needed

### JANUARY

\*Open Gyms (Wednesdays from 7:00 – 9:30 PM at OJHS)

Stretch and Band Work (Optional)  
Cardio – recommended 5 – 10 minutes  
Throwing Progression (20 – 30 minutes)  
- Max distance of 120 feet  
Flat Ground Work  
- Spots from 40 feet at 60% (20 – 25 reps)  
- Mixture of fastballs and changeups  
- All spots should be completed from the stretch  
Additional drill work as needed  
Stretch and ice if needed

# FEBRUARY

\*Open Gyms (Tuesdays at **OHS**, Wednesdays at **OJHS**, and Thursdays at **OHS**)

## **TUESDAYS at OHS (7:15 – 7:50 AM)**

Stretch and Band Work (Optional)

Cardio – recommended 5 – 10 minutes

Throwing Progression (20 – 30 minutes)

- Max distance of 150 feet

Flat Ground Work

- Spots from 40 feet at 60% (20 – 25 reps)
- Mixture of fastballs and changeups
- All spots should be completed from the stretch

Additional drill work as needed

## **WEDNESDAYS at OJHS (7:00 – 9:30 PM)**

Stretch and Band Work (Optional)

Cardio – recommended 5 – 10 minutes

Throwing Progression (20 minutes)

- Max distance of 150 feet

Mound Work (Light Bullpen)

- 90% from 60'6"
- Mixture of fastballs and changeups
- Total of 25 pitches (15 from the stretch position and 5 from the windup)

Stretch and ice if needed

## **THURSDAYS at OHS (7:15 – 7:50 AM)**

Stretch and Band Work (Optional)

Cardio – recommended 5 – 10 minutes

Throwing Progression (20 – 30 minutes)

- Max distance of 150 feet

Over Load Training

- Complete one set of each for a total of three. (Set Position w/ no follow through, Set Position w/ follow through, and Skip Toss). See you tube video examples.
- Total of 3 sets of 5 reps

Under Load Training

- Complete one set of each for a total of two. (Set Position w/ follow through and Skip Toss).
- Total of 2 sets of 5 reps

# MARCH

\*Open Gyms (Tuesdays at **OHS**, Wednesdays at **OJHS**, and Thursdays at **OHS**)

## **TUESDAYS at OHS (7:15 – 7:50 AM)**

Stretch and Band Work (Optional)

Cardio – recommended 5 – 10 minutes

Throwing Progression (20 – 30 minutes)

- Max distance of 200 feet

Flat Ground Work

- Spots from 40 feet at 60% (30 reps)
- Mixture of fastballs, changeups and curveballs for 8<sup>th</sup> grade and up
- All spots should be completed from the stretch

Additional drill work as needed

Stretch and ice if needed

## **WEDNESDAYS at OJHS (7:00 – 9:30 PM)**

Stretch and Band Work (Optional)

Cardio – recommended 5 – 10 minutes

Throwing Progression (20 minutes)

- Max distance of 200 feet

Mound Work (Light Bullpen)

- 90% from 60'6"
- Mixture of fastballs, changeups and curveballs (<5) for 8<sup>th</sup> grade and up
- Total of 35 pitches (25 from the stretch position and 10 from the windup)

Stretch and ice if needed

## **THURSDAYS at OHS (7:15 – 7:50 AM)**

Stretch and Band Work (Optional)

Cardio – recommended 5 – 10 minutes

Throwing Progression (20 – 30 minutes)

- Max distance of 200 feet

Over Load Training

- Complete one set of each for a total of three. (Set Position w/ no follow through, Set Position w/ follow through, and Skip Toss). See you tube video examples.
- Total of 3 sets of 5 reps

Under Load Training

- Complete one set of each for a total of two. (Set Position w/ follow through and Skip Toss).
- Total of 2 sets of 5 reps

Stretch and ice if needed