

Generals Baseball Throwing Program

Focus: ARM ACTION AND ACCELERATION

Athlete: Outfielder

| Phase | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--------------|----------|----------------------|----------|--------------|--------------|--------------|
| On-Ramp 1 | Full Plyos B | Recovery | Full Plyos B | Recovery | OFF | Full Plyos B | Recovery |
| On-Ramp 2 | Full Plyos B | Recovery | Full Plyos B | Recovery | OFF | Full Plyos B | Recovery |
| On-Ramp 3 | Full Plyos B | Recovery | Full Plyos A | Recovery | OFF | Full Plyos B | Recovery |
| On-Ramp 4 | Full Plyos A | Recovery | Full Plyos A | Recovery | OFF | Full Plyos B | Recovery |
| On-Ramp 5 | Full Plyos A | Recovery | Full Plyos A | Recovery | OFF | Full Plyos B | Recovery |
| Velocity 1 | Full Plyos A | Recovery | Plyo Testing (mound) | Recovery | OFF | Full Plyos B | Recovery |
| Velocity 2 | Full Plyos A | Recovery | Pulldown (short) | Recovery | OFF | Full Plyos C | Recovery |
| Velocity 3 | Full Plyos A | Recovery | Pulldown (short) | Recovery | OFF | Full Plyos C | Recovery |
| Velocity 4 | Full Plyos A | Recovery | Mound Velo | Recovery | OFF | Full Plyos C | Recovery |
| Deload 1 | Full Plyos B | Recovery | Full Plyos A | Recovery | Full Plyos B | Recovery | OFF |
| Deload 2 | Full Plyos A | Recovery | Full Plyos B | Recovery | Full Plyos C | Recovery | OFF |
| Mound Blend 1 | Full Plyos B | Recovery | Full Plyos C | Recovery | OFF | Full Plyos B | Recovery |
| Mound Blend 2 | Full Plyos C | Recovery | Full Plyos B | Recovery | OFF | Full Plyos C | Recovery |
| Pitch Design 1 | Recovery | OFF | Pitch Design | Recovery | Full Plyos B | Recovery | Full Plyos C |
| Pitch Design 2 | Recovery | OFF | Pitch Design | Recovery | Full Plyos B | Recovery | Live ABs |
| Live ABs 1 | Full Plyos B | Recovery | Pitch Design | Recovery | OFF | Live ABs | Recovery |
| Live ABs 2 | Recovery | OFF | Live ABs | Recovery | OFF | Full Plyos B | Pitch Design |

Athlete Goals:

- Establish and refine routines
- Manage and increase workload
- Build arm strength
- Gain velocity
- Improve command

Notes:

- Keep throwing target slightly to arm side and eye level with plyos
- Pay attention to effort levels for the day!
- If your arm is sore on an 'A' day after the warm-up, do a 'B' day instead
- Sub Walking Wind-Ups/mound work for position accuracy work with same reps/balls:

[One-Step Crow Hop \(OF\)](#)

Homework:

- Send (1) video per week to Coach Fisher
- Cell: 503-867-3182

1. Warm Up

- 5-7 min DAILY**
1. Foam Roll
 2. Soft Tissue – as needed
 3. J-Band Series
 4. Dynamic Warm-Up
 5. Greenie Series
 - a. Toss-Ups
 - b. Drop Catch ATR
 - c. Shake Series
 - d. Reverse Throws
 6. Wrist Weights (optional)

2. Med Balls

- DAILY pre-throw**
- Drill**
1. Split-stance anti-rotation scoop toss
 2. Step-behind shot put throw
 3. Split-stance rollover stomp to floor
- Reps**
- 3 x 4-5 reps
 - 3 x 4-5 reps
 - 3 x 4-5 reps

3. Drill Work & Throwing

See the Calendar and Throwing Days -->

4. Post-Throwing Recovery Circuit

1. Rebounders (mini trampoline) – Black x15, Green x15
2. Band Pull-aparts
3. Walter Walks – Wrist Weight + Black ball x 20 yds
4. 6-Way Band Forearms 1 x 20 reps (light)
5. (OPTIONAL) Shoulder Tube 1 x 10 sec each

Tools Needed:

1. J-Bands
2. Green Plyo Ball (full set is best)
3. Net or Wall or Catch Partner

FAQ's

Can I long toss inside into a net?

Yes, but only as a last resort. This isn't nearly as effective as you can't see the arc of the ball out of the hand and make adjustments.

Can I throw plyos into a net?

Yes. This is actually recommended for guys who cut the ball. For everyone else, the wall provides nice audio feedback which the net doesn't provide.

What if I don't have plyo balls?

Using just a baseball is ok. A green plyo is required to own - ask Kabza if you don't have one.

Throwing Drill Videos

| | | | |
|----------------------------|--|-------------------------------|---|
| Reverse Throws | https://www.youtube.com/watch?v=FqWnFDQWgY | Other Videos: | |
| Pivot Pickoffs | https://www.youtube.com/watch?v=F1hdU5S1_Yk1s | Lasso Drill | Step-Back Slide Step |
| Roll-ins | https://www.youtube.com/watch?v=qUd8oCgdw&feature=youtu.be | Ten-Loes (abbreviated) | Sliding Hinge Drill |
| Rocker Drill | https://www.youtube.com/watch?v=PS3M6mlmno | Pivot Pickoffs (abbreviated) | Kettlebell Feels Drill |
| Walking Wind-Ups | https://www.youtube.com/watch?v=9zmqj0Dd8 | Ten-Loes (full arm action) | Turn & Fire 'Bauer' Drill |
| Pulldowns | https://youtu.be/WDY2P3bCvok?e=18s | Pivot Pickoffs (full arm act) | Dynamic Rocker Drill |
| Step-Back Roll Ins | https://youtu.be/yHBM2zhv8A | Rhythm Rocker | Step-Back Delivery |
| Sample Drill Modifications | https://www.youtube.com/watch?v=xK5G5eAwak&feature=youtu.be | Ten-Loes (full hip turn) | Walking Wind-Ups |
| Position Throw | Substitute flat/mound work for position accuracy work: running crow hop to bases (OF), backhand to target (IF) and throw to 2B (C). Use same reps/balls. | | |
| Position Player Videos | Throw-down (Catchers) Backhand & Fire (Infield) One-Step Crow Hop (OF) | | |



Throwing Days

Light / Recovery

Used following higher intensity days or early in on ramping. Work on patterning, and listen to your arm. Keep the intensity relatively low.

| Half Plyos 'A' | Weights | Reps | Sets | Catch Play | Notes |
|--|-------------|-----------|------|-------------|--|
| Reverse Throws | Black/Green | 10 each | 1 | Light catch | Stick to the under 70% effort. "Feel good day" meant to restore ROM and loosen arm. Choose between Half Plyos B or A based on how you feel |
| Ten-Loes (abbreviated) | Blue/Red | 8-10 each | 1-2 | | |

| Half Plyos 'B' | Weights | Reps | Sets | Catch Play | Notes |
|--|-------------|-----------|------|-------------|--|
| Reverse Throws | Black/Green | 10 each | 1 | Light catch | Stick to the under 70% effort. "Feel good day" meant to restore ROM and loosen arm. Choose between Half Plyos B or A based on how you feel |
| Ten-Loes (abbreviated) | Blue/Red | 8-10 each | 1-2 | | |
| Roll-ins | Blue/Red | 3-5 each | 1-2 | | |
| One-Step Crow Hop (OF) | Red/Yellow | 3-5 each | 1-2 | | |

Moderate / Hybrid

Used on moderate effort days. Work up to 60-85% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %.

| Full Plyos 'A' (heavy) | Weights | Reps | Sets | Catch Play | Notes |
|---|-----------------|-----------|------|---------------|--|
| Reverse Throws | Black/Green | 10 each | 1 | Max Long Toss | Work up to 70-85% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %. |
| Ten-Loes (abbreviated) | Blue/Red | 8-10 each | 1-2 | | |
| Roll-ins | Blue/Red | 3-5 each | 1-2 | | |
| Turn & Fire 'Bauer' Drill | Blue/Red/Yellow | 3-5 each | 1-2 | | |
| One-Step Crow Hop (OF) | Red/Yellow | 3-5 each | 1-2 | | |

| Full Plyos 'B' (light) | Weights | Reps | Sets | Catch Play | Notes |
|---|-----------------|-----------|------|--------------------|---|
| Reverse Throws | Black/Green | 10 | 2 | 70-90% LT distance | Moderate, 50-70% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %. |
| Ten-Loes (abbreviated) | Blue/Red | 8-10 each | 1-2 | | |
| Roll-ins | Red/Yellow/Grey | 3-5 each | 1-2 | | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 3-5 each | 1-2 | | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 3-5 each | 1-2 | | |

| Full Plyos 'C' (from OF) | Weights | Reps | Sets | Catch Play | Notes |
|---|-----------------|-----------|------|---------------|---|
| Reverse Throws | Black/Green | 10 | 2 | Max Long Toss | All Plyo Drills to be done on mound. Work up to 70-85% intensity, listening to your arm. Work on patterning and fluidity. Radar gunning is okay at the given %. |
| Ten-Loes (abbreviated) | Blue/Red | 8-10 each | 1-2 | | |
| Roll-ins | Red/Yellow/Grey | 3-5 each | 1 | | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 3-5 each | 1 | | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 3-5 each | 1 | | |
| Roll-ins | Red/Yellow/Grey | 3-5 each | 1 | (from OF) | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 3-5 each | 1 | (from OF) | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 3-5 each | 1 | (from OF) | |

High Output / Testing

Within your warm-up & plyocare routine, find different ways to move fast and throw hard. Find what works best for you.

| Plyo Testing (flat) | Weights | Reps | Sets | Catch Play | Notes |
|---|-----------------|-----------|------|------------|---|
| Reverse Throws | Black/Green | 10 | 2 | Optional | All Plyo Drills to be done on flat ground. Radar each throw, working up to 100% effort and recording throws |
| Ten-Loes (abbreviated) | Blue/Red/Yellow | 8-10 each | 1 | | |
| Roll-ins | Red/Yellow/Grey | 3-5 each | 1 | | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 3-5 each | 1 | | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 3-5 each | 1 | | |
| Roll-ins (MAX) | Red/Yellow/Grey | 2 each | 1 | (from OF) | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 2 each | 1 | (from OF) | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 2 each | 1 | (from OF) | |

| Plyo Testing (mound) | Weights | Reps | Sets | Catch Play | Notes |
|---|-----------------|-----------|------|---------------|---|
| Reverse Throws | Black/Green | 10 | 2 | Max Long Toss | All Plyo Drills to be done on mound. Radar each throw, working up to 100% effort and recording throws |
| Ten-Loes (abbreviated) | Blue/Red/Yellow | 8-10 each | 1 | | |
| Roll-ins | Red/Yellow/Grey | 3-5 each | 1 | | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 3-5 each | 1 | | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 3-5 each | 1 | | |
| Turn & Fire 'Bauer' Drill | Red/Yellow/Grey | 2 each | 1 | (from OF) | |
| One-Step Crow Hop (OF) | Red/Yellow/Grey | 2 each | 1-2 | (from OF) | |