

This arm strengthening pitching program has been put together with multiple sources and information combined/tweaked to our own pitchers program. We have consulted our good friends in the baseball community such as Paul Reddick (Paul Reddick Sports), Shaun Cole (Univ. Of Arizona), Brady Summers (Diamond Jaxx pitching consultant) and more to help create this arm strengthening program. It involves a specific routine designed to build velocity, a long toss program, a rice bucket routine to build finger and forearm strength and more. **Players must commit to the velocity building workouts and IF THEY DO we GUARANTEE you see improvement in your velocity.** You get out what you put in and please keep in mind that the long toss program and net drill program are not to be done on the same day. If you need help with how to set up a weekly routine please contact Coach Swanson at jcswanson@pcdiamondjaxx.com

Rice Bucket - Training Your Forearms for Baseball

The rice bucket is a great tool to help build forearm strength in baseball players – especially pitchers and hitters. The rice bucket provides resistance which works the forearms when the baseball player moves his fingers, hands, and wrists in certain directions.

What you need is a 5 gallon bucket (a top is good to have to keep rice from getting nasty while it sits open) and 15-30lbs of rice to fill the bucket.

All of these exercises provide a great rice bucket routine for baseball players. Just remember, change out the rice every couple of months and **DON'T COOK THE RICE BEFORE YOU PUT IT IN THE BUCKET!** ;)

Pitching Rice Bucket workout

- 1) Finger flicks – in and outward motion; 10-30 sec
- 2) Wrist flicks – back and forth quick as possible with your wrist in a 12:00 to 6:00 motion; 10-30 seconds
- 3) Wrist circles – clockwise and counterclockwise rotation; 10-30 seconds each way
- 4) Digs – dig to the bottom of the bucket and work back up to the top, squeeze with your hand in a fast paced motion
- 5) Pitch Grip Digs – grab a baseball and go through every pitch grip that you throw while working towards the bottom of the bucket. 10 – 20 seconds each grip.

The following routine(s) is courtesy of Paul Reddick Sports and 90mph club

ARM STRENGTHING ROUTINE (5 WEEK MAINTENANCE PROGRAM THAT IS done on non bullpen days)

- **Super 7 workout** (5-7x week) & 2 min torture (2-3x a week on non bullpen days)
- **WALL DRILL** – Start from stretch position touching the net or wall. get off the wall using the backside knee with hips getting downhill keeping upper body straight and focus on trying to create your power angle **2 SETS OF 15, ALL FROM THE STRETCH, 2 MIN REST**
- **YANKEE STADIUM DRILL** – long toss trying to visualize throwing the baseball 400' over CF wall, use your lower half properly **2 SETS OF 15, 2 MIN REST**

NETS DRILL PROGRAM

Need a bucket of baseballs and a net to throw into visualize a target line.

DO 3 SETS OF 15-20 (throws depend upon how arm feels that day) WITH 3-4 MINUTES IN BETWEEN SETS,

3 TIMES PER WEEK EACH WEEK

WEEK 1 (10 DAYS)

20' AWAY, THROW INTO NET AND FEEL YOUR BODY CREATE THE POWER ANGLE

WEEK 2 (10 DAYS)

40' AWAY, THROW INTO NET AND FEEL YOUR BODY WORK TOGETHER

WEEK 3 (10 DAYS)

40' AWAY, THROW INTO NET BUT SET UP TARGETS

WEEK 4 (10 DAYS)

65' AWAY, THROW TO A STANDING CATCHER OR GOOD TARGET

WEEK 5 (10 DAYS)

60' AWAY, THROW TO A CATCHER (FLAT GROUND STILL)

ONCE YOU COMPLETE THIS 5 WEEK CYCLE THEN YOU WILL START IT AGAIN.

Remember to run at least 5 minutes if you have thrown more than 40 pitches (40+ pitches = 5 minutes; 60+ pitches = 10 minutes; 81+ pitches = 15 minutes)

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Super 7's workout is a series of squats specifically designed for pitchers and baseball players.

Super 7's

DO THESE 5-7 TIMES A WEEK. THEY CAN BE DONE WITHOUT ANY WEIGHTS OR A PARTNER.

Workouts should be done in 1 minute in the following order: 40sec on 20 sec off, 30 on 30 off, 20 on 40 off

Wrestler Squats

arms at side, palm back

squat and make a rowing motion forward and upward with arms

when at the top of your squat, your arms should be back at side

Forward/Back Jumpers

Wrestler squat with a jump forward and backward

land with a solid base, don't give in the legs

Side to Side Jumpers

Wrestler squat with side to side jumps

keep feet together

Up and Down Jumpers

Wrestler Squat with a jump

Drop Squats

1 - straight up

2 - squat and hold hands together in front of chin w/elbows in

Prisoner Squats

Hands behind head and squat

Body Weight Squats

Arms out in front, palms down and squat

2 MINUTE TORTURE

Body weight squats with a rest in the squat position (20sec, 10rest, 20sec, 10rest, 20sec, 10rest, 20sec, 10rest)

you can do these in 1 minute or 2 minutes 2 to 3 times per week

LONG TOSS PROGRAM WITH HELP FROM SHAUN COLE

Warm up with a few poles (at least two down and backs) then arm circles then band work. Move onto our throwing warm up routine doing steps 1 through 7 then move onto long toss.

Technique:

Use proper lead arm action – lead with the elbow toward the target and stay strong with glove side. Work towards the glove (don't pull it to you or away from you intentionally) and catcher with proper weight transfer from back side to front side.

Get full extension of the throwing arm toward the target and make a conscious effort to avoid upper body tilt toward (stay tall with upper half) Work toward the target.

When at the maximum throwing distance (150 to 180 feet) continue to throw on a line using the natural release point and a crow hop (emphasizing use of your legs).

If you cannot throw the full distance in the air, throw one-hoppers to partner.

Follow the throw with your eyes, head and body. Use your lower body strength to make the throw. Focus on lower half and core.

Long Toss Progression- we don't want to throw the ball straight in the air but we do want some loft on the baseball.

30 feet for 5 throws

45' for 5 throws

60' for 7 throws

90' for 5 throws

120' for 3 throws

150' for 3 throws

180' for 3 throws

225' for 3 throws

250' for 3 throws

225' for 2 throws

180' for 2 throws

Pull Down Phase

150 feet – 3 throws (thrown on a line)

120 feet – 3 throws (thrown on a line aiming at hip or knees)

90 feet – 3 throws (Thrown on a line aiming at hip or knees)

Focus Points:

Same energy and intensity as the beginning of long toss

Focus on using legs to take the stress off the arm

Really focus on getting good extension out front

Making sure to pull down on seams of the baseball at release point

Concentrate on your target via hips/knees

Cool Down 60 feet with a partner. Working on weaknesses and sharpening strengths. Work from the stretch position on all pitches. All pitches are to be thrown simulating a base runner on 1B, 2B, and 3B. Runner on 3B wind up or stretch – (if wind up stop runner w/eyes)

60' drills

5 fastballs

5 change ups

5 POWER breaking balls

2 fastballs up and in

2 fastballs down and out

Finish with running and/or Super 7's and 2 min torture.