

## **James Wood Pitching Program**

Every time you pick a baseball up throw it with a purpose. Have your partner give you a target and you try to hit that target. Do not throw just to throw, make yourself better every time you throw the ball. (Make it a habit)

### **Goals:**

- Build arm strength from fall to spring
- Make yourself better
- Make teammates better (push them make competition with them)
- Be team leaders (everyone feeds off the pitcher)
- Have best team ERA in the state
- Be confident don't lose your composure

### **Pitching Philosophy:**

- Get ahead stay ahead
- Be able to throw all pitches for strikes
- Lead off hitter is most important out every inning
- Toe the rubber and pitch (set tempo)
- Be aggressive (no walks, pound the strike zone and use your D)

### **Band Work: (No Order)**

- High elbow swims 1 x 10 (thumbs up and down)
- Rotator L's 1x10 (throwing motion and reverse throwing motion)
- Side rotator L's 1x10
- Straight arm pulls and push 1x10

### **Stretches: (No Order) Hold each stretch 8-10 seconds**

- Straight leg
- Down to right and left
- Quad
- Right and left arm
- Right and left arm over top
- Butterflies
- Lower back twist
- Throwing stretch
- Arm pull
- Arm shake

**Drills (Do using all pitches and hit your spots)**

- One knee wrist flips (5 yds apart)
- Rotate throw (throw from where your stride would be) (10 – 15 yds)
- Power position slide step (10-15 yds)
- Balance (10-15 yds)
- Wind up (10-15 yds)
- Towel drill
- Curveball drill

**Throwing Program (When lose) (3 to 4 days a week)**

- Start at 20 yds throw - 15 throws (full speed)
- Move back to about 50 yds - 15 throws (full speed)
- Move back to about 70 to 80 yds – 10 throws (on a line long hop)
- Move back to 50 yds – 10 throws
- 20 yds – 15 throws

Don't just wear the uniform because it looks good, wear it because you love the game and want to get better every time you step on the field. We as coaches don't lace up the spikes anymore and can only tell you what to do to get better. If you work hard here and take pride in wanting to get better, you will be successful at everything you want to do in life. It's the greatest game ever made!