



## **DAILY THROWING PROGRAM (DTP) AGES 9-10**

- All throwing drills should be done after a moving warm-up and delivery drills.
- Throwing should be done with a crow hop to put less stress on the arm.
- Throws will be done with either a low arc (longer throws) or on a line (shorter throws).
- It is important to maintain a good delivery with all throws: Balance-Direction-Finish-Head on a line

### **Suggested In-Season Throwing Schedule**

Day 1: Game

Day 2: DTP

Day 3: DTP with Pulldowns and Change-ups added

Day 4: DTP

Day 5: Side work (Bullpens)

Day 6: DTP

Day 7: Next Game

**DTP:** 35 throws taken in the following manner:

- 10 throws at 40 feet
- 10 throws at 60 feet
- 5 throws at 80 feet
- 5 throws at 100 feet
- 5 throws at 120 feet

**Pulldowns:** Pulldowns are done as part of a “strength” day. After the normal DTP, have pitcher come back to 80’ and throw 5 to 8 on a line. Pulldowns should never be done the day after/before a game.

**Change-ups:** Also added on strength day. After Pulldowns, move to 60’ and throw 5 change-ups.

**Side Work (Bullpens):** 25 pitches total

- 5 Fastball middle down
- 2 FB middle up
- 4 Change-ups middle down
- 2 FB away
- 2 FB in
- 10 coach’s discretion
- Work lanes and up and down



## **DAILY THROWING PROGRAM (DTP) AGES 11-12**

- All throwing drills should be done after a moving warm-up and delivery drills.
- Throwing should be done with a crow hop to put less stress on the arm.
- Throws will be done with either a low arc (longer throws) or on a line (shorter throws).
- It is important to maintain a good delivery with all throws: Balance-Direction-Finish-Head on a line

### **Suggested In-Season Throwing Schedule**

Day 1: Game

Day 2: DTP

Day 3: DTP with Pulldowns and Change-ups added

Day 4: DTP

Day 5: Side work (Bullpens)

Day 6: DTP

Day 7: Next Game

**DTP:** 40 throws taken in the following manner:

- 10 throws at 40 feet
- 10 throws at 60 feet
- 5 throws at 80 feet
- 5 throws at 100 feet
- 5 throws at 120 feet
- 5 throws at 140 feet

**Pulldowns:** Pulldowns are done as part of a “strength” day. After the normal DTP, have pitcher come back to 100’ and throw 5 to 8 on a line. Pulldowns should never be done the day after/before a game.

**Change-ups:** Also added on strength day. After Pulldowns, move to 60’ and throw 5 change-ups.

**Side Work (Bullpens):** 30 pitches total

- 5 Fastball middle down
- 2 FB middle up
- 4 Change-ups middle down
- 2 FB away
- 2 FB in
- 15 coach’s discretion
- Work lanes and up and down



## **DELIVERY DRILLS**

1. STAND UP DRILL
2. STRIDE OUT
3. STRIDE AND FINISH
4. KNEE LIFT
5. FULL DELIVERY

- REMEMBER: BALANCE-DIRECTION-FINISH-HEAD ON A LINE

## **CONDITIONING**

1. SPRINTS
2. PUSH-UPS
3. SIT-UPS
4. STEP-UPS
5. PULL-UPS

- 1-3 SETS AS MANY AS POSSIBLE
- BODY WEIGHT ONLY

**REST AND RECOVERY CAN'T BE OVERVALUED!**



## **THE MENTAL GAME**

BE A WARRIOR

KNOW YOUR DELIVERY AND KEYS--PITCH WITH RHYTHM AND THROW QUALITY STRIKES

BE AGGRESSIVE. PITCH TO CONTACT. BALL IN PLAY IN 3 PITCHES OR LESS.

US FB DOWN-UP-IN-OUT DOUBLE UP IN -- USE CHANGE UP AHEAD AND BEHIND IN COUNT

QUICK TEMPO---MAKE ADJUSTMENTS---NO EXCUSES

TRUST YOURSELF--NO OVERTHROWING

RECOGNIZE WHAT HITTERS MIGHT BE TRYING TO DO. ONE PITCH AWAY. DON'T GIVE IN.

RUBBER. RELAX-CLEANSING BREATH.

MENTAL DISCIPLINE- CONTROL OF THOUGHTS AND EMOTIONS WITHOUT REGARD TO ANY POSSIBLE EXTERNAL OR INTERNAL FACTORS THAT MIGHT DISTRACT YOU FROM YOUR TASK AT HAND

FOCUS ON TASK AT HAND--NEXT PITCH SELECTION-LOCATION-TARGET-TRUST

EXECUTE ONE PITCH AT A TIME

DONT BEAT YOURSELF UP- ENJOY THE GAME

Please don't hesitate to contact me either now or in the future if you have questions: Gil Patterson – (813) 842-1314