

## Feb. 13, 2010 TPC Coaches Clinic Outline

Handouts/PDF's can be found at: [EverittAthletics.com/coaches](http://EverittAthletics.com/coaches)

### 1) Introduction

### 2) Youth Pitching Today

- Rise of injury even though more information?
- Not enough emphasis on the mound
- Conventional wisdom is the mound puts greater stress on the arm, but it is the number of throws.
- Usually kids keep their long toss program the same and adds additional throws off the mound
- If you can throw flat ground you can throw off the mound
- If a pitcher is sore or not used to a high volume off the mound, cut his throwing program by 40-50 throws and get them off the mound
- On side days, the idea is for the kid to get his arm warmed up and ready for the mound, not get hot on flat ground, then go to the mound
- 25 pitches off the mound is better than 100 throws off flat ground
- Game-like as often as possible, meaning working pitch sequence, live bp, hitters standing in, simulated innings, etc. working pitch executions, pitch ups, pitch outs, etc.
- No more 10 FB's, 10 BB's, 10 CH's and done.

### 3) Mechanics

- During the season is not the time to make radical mechanical changes, unless they can set up a kid for injury.
- Throwing is simple and mechanics are overcomplicated and over taught, with less focus on how to pitch/approach to hitters
- Issues that can be directed: direction, front side issues, timing, release point, hip/legs/core use
- Mechanics is all about repeatability and consistency.
- Everything starts over the rubber, when they break their hands
- Biggest fault is starting the hips/body too far first before the hands break
- Left side of the body should never be used to throw (legs and arms/shoulders)
- Hips need to stay closed as long as possible and upper body needs to be perpendicular to the flat ground and not the slope of the mound which many young kids do
- Power/velocity is created through maximum efficiency in hips/shoulder separation
- Pitchers need to use the mound to their advantage, i.e. staying on top of the ball and driving the ball downhill to create angle
- Instead of towel drills, use a whiffle ball thrown into an L screen (a foot away from release point) to simulate a more life-like setup.
- Again, focus needs to be ball in hand, executing live pitches off the mound.
- Biggest necessity for coaches in young players is to keep them from developing bad habits.
- Strength is a huge component (postural stability/balance)

### 4) Throwing Programs/Side Work

#### Long Toss

- Long toss is anything **on a line** passed 120 feet.

- Stretch mechanics within 60 feet
- Crow hop past 60 feet.
- 10+ throws at 45, 60,90,120,150+
- On the way back in, 10 change up w/ crow hop at 90 feet
- 60 ft stretch FB's, CH's, BB's
- Numbers: 45 ft stretch, partner down, hat on ground, 10-10-10, FB, BB, CH working glove and below

### **Side Work (Bullpens)**

- Emphasis is on not throwing more than 5 of the same pitches in a row and simulating game-like pitch sequences
- Once the pitcher sets foot on the mound, whether it is in front of the rubber or on it, catcher must be down (creates bad habits for pitcher to throw up when on an angle)
- Warm up should be 10-15 throws of all pitches before the start (pitcher does not need to be "hot" to start a side session)
- Always start from the stretch
- Pitch mix in sides can be done in any way you want, just no more than 5 in a row.
- **Full Side**- 45+ pitches
- Stretch- 3 FB away, 2 FB in, 5 BB middle, 2 FB away, 5 CH middle, 5+ Mix
- Windup- 3 FB away, 2 FB in, 5 BB middle, 2 FB away, 5 CH middle, 6+ Mix
- End with 2 pitch ups & 2 pitch outs
- **Light Side**- 35 Pitches
- Stretch- 2 FB away, 2 FB in, 3 BB middle, 2 FB away, 3 CH middle, 5+ Mix
- Windup- 2 FB away, 2 FB in, 3 BB middle, 2 FB away, 3 CH middle, 6+ Mix
- **Soft Side**- 25 pitches
- Stretch- 2 FB away, 1 FB in, 3 BB middle, 1 FB away, 3 CH middle, 2+ Mix
- Windup- 2 FB away, 1 FB in, 3 BB middle, 1 FB away, 3 CH middle, 3+ Mix
- **Short Side**- 25-30 pitches
- Same as soft side except 45 feet, catcher moved up.

### **Live BP**

- One of the greatest early and in-season development tools for pitchers and hitters
- Can be done with starters in-between starts
- L-screen out in front of mound to protect pitcher.
- Pitcher throws his normal side session at normal side session intensity (not necessarily 100%)
- Pitchers signal pitch to the catcher and simulate pitch sequences/executions
- Pitchers must realize this is not game intensity, that is why the screen is up and the hitters know what's coming
- Hitters know what's coming and helps them develop too
- Pitchers should not get rattled if a hitter hits a ball well, the hitters know what's coming!

## **5) Strength/Conditioning**

### **Arm Care**

- Important to maintain strength in rear shoulders/scaps, which takes load off of elbow/rotator/labrum. Season is not the time to try to dramatically increase strength gains.
- Too few reps prescribed (3x20 is standard), need to be 100's, focus be on time of load (2 mins)

- Must integrate flexibility and joint stability in the shoulders (prone flies, scap protractions, taffy pulls, sleeper stretches, T's/Y's/V's, tubing, etc) minimum of 2 minutes.
- Prone Flies are the single best exercise for throwing sports (laying on the ground chest down, hands out in front of face fingertips touching. Keeping the hands off the ground and elbows locked, move hands back, rotate palms up, and touch fingertips above the butt, then rotate back to front and touch fingertips, and repeat. Hands are not to touch the ground and can rest on the butt if need be. 100 reps.)
- Core: Rotational Big Emphasis, Isometrics
- Strength: Upper body light and high reps, Lower body heavier

## Conditioning

- Huge part of pitchers routine, in season and offseason.
- Dynamic Warm-up for Pregame (no more jogs then static stretch)
- Helps with stamina (maintain mechanics), leg endurance, and removing lactic acid.
- Starters/Relievers done before games, Game day starters after the game
- Must include both long distance and sprint work to maintain agility
- Poles, ¾ Poles, Interval Poles, 90's, 60's, 30's, Pickups (20-30 minutes)
- Example: Monday: Starters: 10 ¾ Poles, 6-60's, 30 Pickups, 100 Abs

## 6) Game Planning

### Starters: (Assuming 7 day Rotation)

- Very objective based on individual's tolerance, arm strength, conditioning, and preference for work loads leading up to a start.
- Biggest goal is a minimum of 3 days off mound in-between starts
- Most big leaguers throw off the mound everyday and use a full side session the day after a start to work out soreness.
- Get these kids used to throwing off the mound!!!!!!
- Remember to decrease long toss program to allow for mound work
- Day 1: Start (Long Toss before)
- Day 2: Long Toss Program to tolerance (prefer 90+ feet), emphasis is on getting a good throw in (high reps light intensity) to work out soreness/stiffness, Short/Soft Side if able.
- Day 3: Long Toss Program to max distance (150+ feet), Full Side
- Day 4: Long Toss Program (90+ feet), Light/Soft Side
- Day 5: Long Toss Program to max distance (150+ feet), Full Side
- Day 6: Long Toss Program (120+ ft), Light Side
- Day 7: Long Toss Program (90+ ft), Soft/Short Side
- Day 8: Start

### Relievers:

- Relievers should never go 72 hours without any kind of mound work (live BP, practice game, full/short/soft side)
- Usually these kids are position players, with large work loads on their arms
- Usually Light/Soft Sides
- Long Toss 3+ days a week.
- Conditioning done during pregame, easy for them to do nothing.

### ASMI Pitch Count Recommendations

Age	Max. Pitches Per Game	Max. Games Per Week
8-10	52	2
11-12	68	2
13-14	76	2
15-16	91	2
17-18	106	2

### Days Rest Recommendations (Pitch Count)

Age	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest
8-10	21	34	43	51
11-12	27	35	55	58
13-14	30	36	56	70
15-16	25	38	62	77
17-18	27	45	62	89

**Notes:**