

PTA Pitching Routine

PTA Pitching Routine							
Day 1		Day 2		Day 4		Day 5 (12-17s Only)	
Functional Throwing Drill	Duration	Functional Throwing Drill	Duration	Functional Throwing Drill	Duration	Functional Throwing Drill	Duration
90/90s	2 Minutes	90/90s	2 Minutes	90/90s	2 Minutes	90/90s	2 Minutes
Rocker	2 Minutes	Rocker	2 Minutes	Rocker	2 Minutes	Rocker	2 Minutes
Synchros	2 Minutes	Synchros	2 Minutes	Synchros	2 Minutes	Synchros	2 Minutes
Snow Angels	2 Minutes	Snow Angels	2 Minutes	Snow Angels	2 Minutes	Snow Angels	2 Minutes
Long toss Footwork	4 Minutes	Long toss Footwork	4 Minutes	Long toss Footwork	4 Minutes	Long toss Footwork	4 Minutes
Bullpen		Long Toss (After warming up)		Bullpen		Long Toss (After warming up)	
Wind Up - Fastballs	3 arm side, 1 middle, 3 glove side	Throw the Ball as Far as you can for 15 Throws		Wind Up - Fastballs	3 arm side, 1 middle, 3 glove side	Throw the Ball as Far as you can for 15 Throws	
Stretch - Fastballs	3 arm side, 1 middle, 3 glove side	Throw the Ball as Hard as you can for 10 Throws on a Straight Line		Stretch - Fastballs	3 arm side, 1 middle, 3 glove side	Throw the Ball as Hard as you can for 10 Throws on a Straight Line	
Take a 8-10 minute Break Between Sets				Take a 8-10 minute Break Between Sets			
Wind Up - Change Ups	3 arm side, 1 middle, 3 glove side			Wind Up - Change Ups	3 arm side, 1 middle, 3 glove side		
Stretch - Change Ups	3 arm side, 1 middle, 3 glove side			Stretch - Change Ups	3 arm side, 1 middle, 3 glove side		
Stretch - 3rd pitch if applicable	3 arm side, 3 glove side			Stretch - 3rd pitch if applicable	3 arm side, 3 glove side		
Take a 8-10 minute Break Between Sets				Take a 8-10 minute Break Between Sets			
Pitch 1 simulated inning	Cap at 15 pitches			Pitch 2 simulated innings	Cap at 30 pitches		
EMPHASIS is on Accuracy							
J Band Routine		J Band Routine		J Band Routine		J Band Routine	
T's Y's W's	2 sets of 8	T's Y's W's	2 sets of 8	T's Y's W's	2 sets of 8	T's Y's W's	2 sets of 8
Internal Rotation/External Rotation		Internal Rotation/External Rotation		Internal Rotation/External Rotation		Internal Rotation/External Rotation	



Auxillary Throwing Ideas - Completely Optional			
Balance Drills	Pick 2 / Day	Medicine Ball Drills	
Lift/Show - Tap and Go	1 x 15	Rotational Power	1 x 10
Step Behind, Leg Lift Throw	1 x 15	Rotational Overhand Throw	1 x 10
Set, Lift, Tap Mound, Go	1 x 15	Med Ball Slams	1 x 10
Hop Forward and Throw	1 x 15	Med Ball Toss Ups	1 x 10
Step Back and Throw	1 x 15	Med Ball Wall Slams	Until Failure
One Knee to Finish	1 x 15		
Squat Box Throws	1 x 15		