



## Organizational Pitching Program

### **Our Pitching Philosophy**

Mavs pitchers are disciplined athletes who aggressively attack the strike zone. They are strict with preparation and recovery. They are hard-working, assertive and humble. Everything they do has a purpose aimed at perfection.

### 4 A's to Be an Ace

**A**thletic  
balanced / explosive / feel

**A**ggressive  
mentally / physically

**A**ware  
game / role / purpose / goal

**A**ccountable  
God / family / team / self

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### Pre-Game Warm-up

*(Engage the right muscles)*

1. Core
  - Breath
  - Bands (Thera and ankle)
  - Plyos
  - T-Spine
2. Hamstrings/Glutes (Posture is everything)
  - Lunges (front, side)
  - Squats (SL and regular)
  - Bridges (SL and regular)
  - Plyos (same as core)
3. Scaps
  - Arm Circles
  - Over-under
  - Up and down
  - Bands

Incorporate one straight sprint and one change of direction sprint (down and back, shuffle 5 yards and back to sprint, sprint 5 yards and back to shuffle...)

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## Pre-Game Throwing Program

### **NON-NEGOTIABLES**

- Receivers give a target every throw. Either center of belly or pitcher's glove-side.
  - Throwers focus on target every throw. (Make it a competition)
1. Squared up- Front-facing, feet shoulder-width (15'-20')
    - Posture
    - Hands in front of body at all times
    - Spin the ball (Pay attention to spin. Make adjustments)
    - Rotate over center axis
    - Head is still
    - Focus on feel- Easy effort.
  2. Power Position (20'-30')
    - Posture
    - Weight 60/40 back leg
    - Hands in front at all times
    - Spin the ball
    - Focus on release point and finish
    - Easy effort. Fast hand. Spin the ball
  3. Shuffle- Front back front. Feet do not cross (30'-Max)
    - Posture
    - Weight on back leg through shuffle
    - Focus on timing athleticism and release point
    - Hold finish for 3 seconds after partner receives the ball
    - Easy Effort. Fast hand. Spin the ball.
  4. Max Effort Shuffle (Max-60')
    - Same as #3 but attempting to put a hole through partner's chest.
    - 3-5 throws at each 10' segment as pitcher comes in. (90'-80'-70'...)
    - Mix in changeup every 3 or 4 throws.
  5. Balance (Pitching distance)
    - Lead leg, up-down-up-down-pitch
    - Sync hands and legs
    - Lead foot never touches ground
    - Posture
    - Hold finish for 3 seconds after partner receives ball.
  6. Pitch Sequencing
    - 2 glove-side FB
    - 2 arm-side FB
    - 2 CH middle to arm-side
    - 1 FB glove-side
    - 2 Breaking balls
    - 1 arm-side FB
    - 1 CH
    - 1 BB
    - 1 glove-side FB
  7. Pickoffs
    - 2 of each type of picks to 1st base and 2nd base.
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## Pre-Game Bullpen

1. Pitchers must call pitch and location every pitch.
2. Wind-up- Follow pitch sequence from throwing program.
3. Stretch- Follow pitch sequence from throwing program
  - Mix in slide step
  - Mix in looks to 1st and 2nd base
4. Catcher calls one or two batters.
  - Learn individual pitch sequencing
  - Learn to shake off catcher and get on the same page.
5. Shake catcher's hand. Thank him.

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## In Game Focus

### 10 Characteristics of a Mavs Pitcher

1. **Stands tall, head held high** *(always pitching with swagger)*
  2. **Attacks the zone in every count** *(always confident in ability)*
  3. **Works fast** *(never turning back to your catcher)*
  4. **Fastball aggressive** *(ability to locate and throw fastballs at any time)*
  5. **Pitches inside** *(never afraid to attack inside making the batter respect it)*
  6. **Holds runners** *(ability to keep runners from advancing eliminates runs on the board)*
  7. **Calls own game** *(deep understanding self and what to throw and when)*
  8. **Fields position** *(be an asset defensively helping your own cause)*
  9. **Nasty changeup** *(along with fastball aggressive, a nasty change can dominate)*
  10. **Stoic** *(no matter the circumstance your emotions are in check & always in control)*
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## Post-Game Unwind

### Band Work

1. I,T,Y (Pitching stance, slow eccentric, traps loose)
2. Diagonals (normal stance, 45 degree throwing arm side, slow eccentric, traps loose)
3. External Rotation with Reach (pitching stance, elbow at 90 degrees at all times)
4. Scap Press (normal stance, traps loose, round back and breath out fully)
5. Opposite stance T-spine rotation (90 degrees throwing arm side)

### Hip Work (*pick one*)

1. Ankle Bands (forward, side to side, backward)
2. Side-lying straight leg adduction and abduction
3. Side-lying 90 degree internal and external rotation

