

FEBRUARY 2021

CALENDAR MONTH	FEBRUARY
CALENDAR YEAR	2021
1ST DAY OF WEEK	Sunday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
Intro To Mound:	Pre-Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up Tp: 120-140 ft. Pen: 15 Glove Side FB Post-Game Unwind	Athletic Pitcher Program (see training resources)	Pre-Game Warm-up TP: 120-140 ft. Post-Game Unwind	Pre-Game Warm-up TP: 120-140 ft. Pen: 15 Glove Side FB Post-Game Unwind	DO SOMETHING ACTIVE!!
	7	8	9	10	11	12
	Pre-Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up TP: 120-140 ft. Pen: 20 FB Post-Game Unwind	Athletic Pitcher Program (see training resources)	Pre- Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up TP: 120-140 ft. Pen: 20 FB Post-Game Unwind	Half Poles X 10 (Long Strides)
	14	15	16	17	18	19
	Pre-Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up TP: 130-160 ft. Pen: 25 FB+CH Post-Game Unwind	Athletic Pitcher Program (see training resources)	Pre- Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up TP: 130-160 ft. Pen: 30 FB+CH Post-Game Unwind	30 yd. Gassers X 12
	21	22	23	24	25	26
	Pre-Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up Tp: 150-180 ft. Pen: 30 (All Pitches) Post-Game Unwind	Athletic Pitcher Program (see training resources)	Pre- Game Warm-up TP: 90-120 ft. Post-Game Unwind	Pre-Game Warm-up TP: 150-180 ft. Pen: 35 (All Pitches) Post-Game Unwind	Half Poles X 10 (Long Strides)
	28	1	2	3	4	5
	7	8	Notes			

TP: Throwing Program
All throwing distances will be for 16/17U. Subtract by 10 ft. for each year younger.