

Student Athlete: _____ PS#: _____

**To progress to the next step a pitcher must complete each step twice, on consecutive days without pain and with a day of rest afterwards.*

**Rest between sets, 5-8 minutes*

Phase One

Step 1: _____ / _____

J-Bands/Velo Balls

OH Warm-Up Toss

2 x 20 throws @ 30 ft

2 x 10 windmills, 5ft @ 25% Intensity

Notes/Comments: _____

Step 2: _____ / _____

J-Bands/Velo Balls

OH Warm-Up Toss

2 x 20 throws @ 45 ft

2 x 10 windmills, 5ft @ 25% Intensity

Notes/Comments: _____

Step 3: _____ / _____

J-Bands/Velo Balls

OH Warm-Up Toss

20 throws @ 60 ft

2 x 15 windmills, 10ft @ 25% Intensity

Rest 5 min

Repeat Previous Steps

Notes/Comments: _____

Step 4: _____ / _____

J-Bands/Velo Balls

OH Warm-Up Toss

10 throws @ 45 ft

10 throws @ 60 ft

2 x 15 pitches, 20ft @ 50% Intensity

Rest 5 min

Repeat Previous Steps

Notes/Comments: _____

Step 5: _____ / _____

J-Bands/Velo Balls

OH Warm-Up Toss

10 throws @ 60 ft

2 x 20 pitches, 30ft @ 50% Intensity

Rest 5 min

Repeat Previous Steps

Notes/Comments: _____

Step 6: _____ / _____

J-Bands/Velo Balls

OH Warm-Up Toss

10 throws @ 60 ft

2 x 15 pitches, 43ft @ 50% Intensity

Rest 5 min

2 x 15 pitches, 43ft @ 50% Intensity

Rest 5 min

10 throws @ 60 ft

2 x 15 pitches, 43ft @ 75% Intensity

Notes/Comments: _____

Phase Two

Step 7: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

3 x 15 Fastballs @ 50% Intensity

Notes/Comments: _____

Step 8: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

4 x 15 Fastballs @ 50% Intensity

Notes/Comments: _____

Step 9: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

2 x 20 Fastballs @ 50% Intensity

2 x 15 Fastballs @ 75% Intensity

Notes/Comments: _____

Step 10: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

2 x 10 Fastballs @ 50% Intensity

2 x 10 Off-Speed @ 50% Intensity

2 x 20 Fastballs @ 75% Intensity

Notes/Comments: _____

Step 11: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

2 x 15 Fastballs @ 75% Intensity

1 x 15 Off-Speed @ 75% Intensity

2 x 15 Fastballs @ 75% Intensity

1 x 15 Off-Speed @ 75% Intensity

Notes/Comments: _____

Step 12: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

3 x 15 Fastballs @ 75% Intensity

2 Batters (Stand-In) x 15 Pitches ea @ 100% Intensity

Notes/Comments: _____

Step 13: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

2 x 15 Fastballs @ 75% Intensity

2 x 15 Breaking Balls/Off-Speed @ 50% Intensity

Rest

3 Batters x 15 Pitches ea @ 100% Intensity (Fastballs Only)

Notes/Comments: _____

Step 14: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

2 x 15 Fastballs @ 75% Intensity

2 x 15 Breaking Balls @ 75% Intensity

Rest

3 x 15 Pitches ea @ 100% Intensity (5 Breaking balls per batter)

Notes/Comments: _____

Step 15: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

5 x 20 Pitches ea @ 100% Intensity (Mix Pitches)

Notes/Comments: _____

Step 16: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

2 x (6 x 10) Pitches @ 100% Intensity (Mix Pitches)

Notes/Comments: _____

Step 17: _____ / _____

J-Bands/Velo Balls

Warm-Up Throws

Simulated Game (vs UConn Hitters)

Gradually increased breaking balls and secondary pitches.

