

Training Programs for Pitchers

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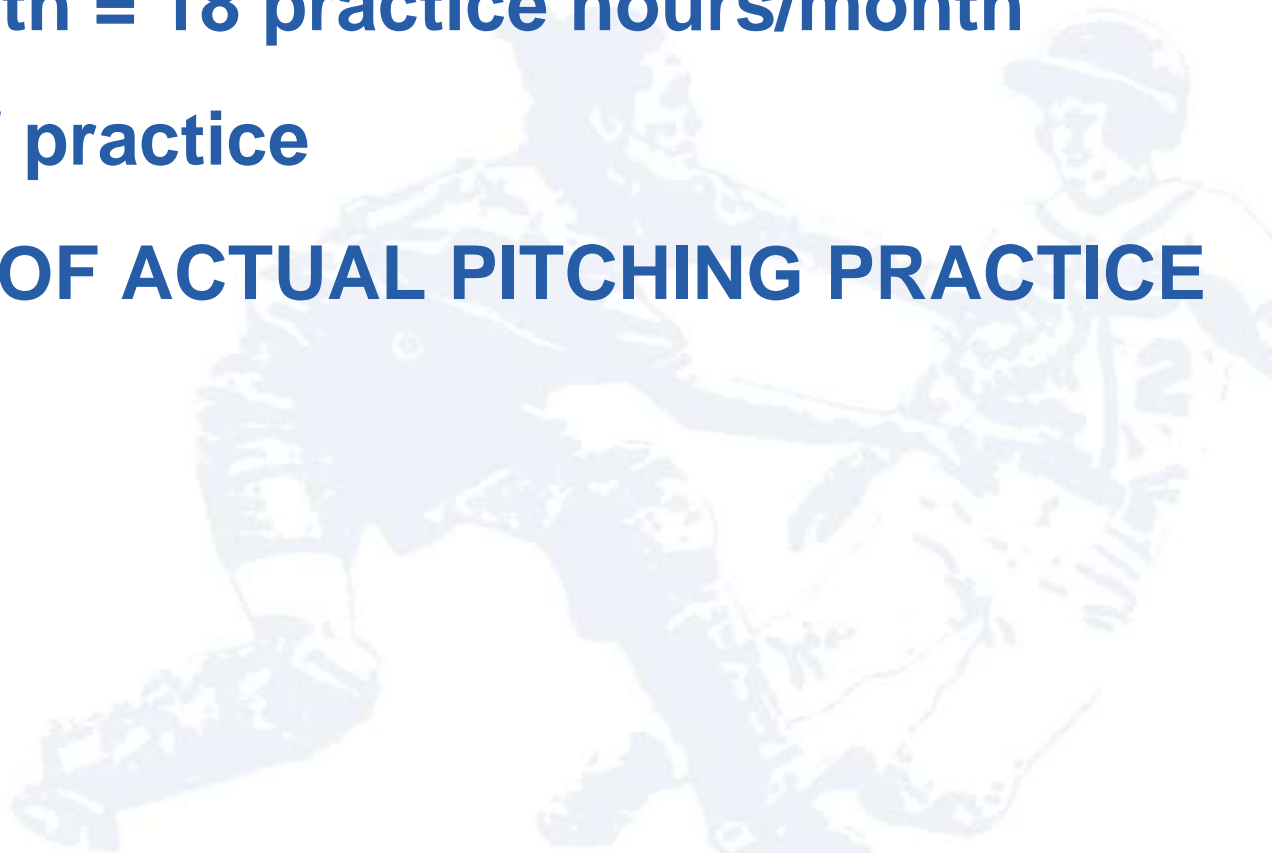
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Practice Question – How Much Time?

- 1 practice = 1 hour
- x 4.5 practices/week = 4.5 practice hours/week
- x 4 weeks/month = 18 practice hours/month
- x 10 months of practice
- = 180 HOURS OF ACTUAL PITCHING PRACTICE



Programs

● Objectives:

- Speed
- Control
- Movement

● Time Frame:

- 4 week – no games
- 6 week – no games
- 8 weeks – no games
- 8 weeks – with games

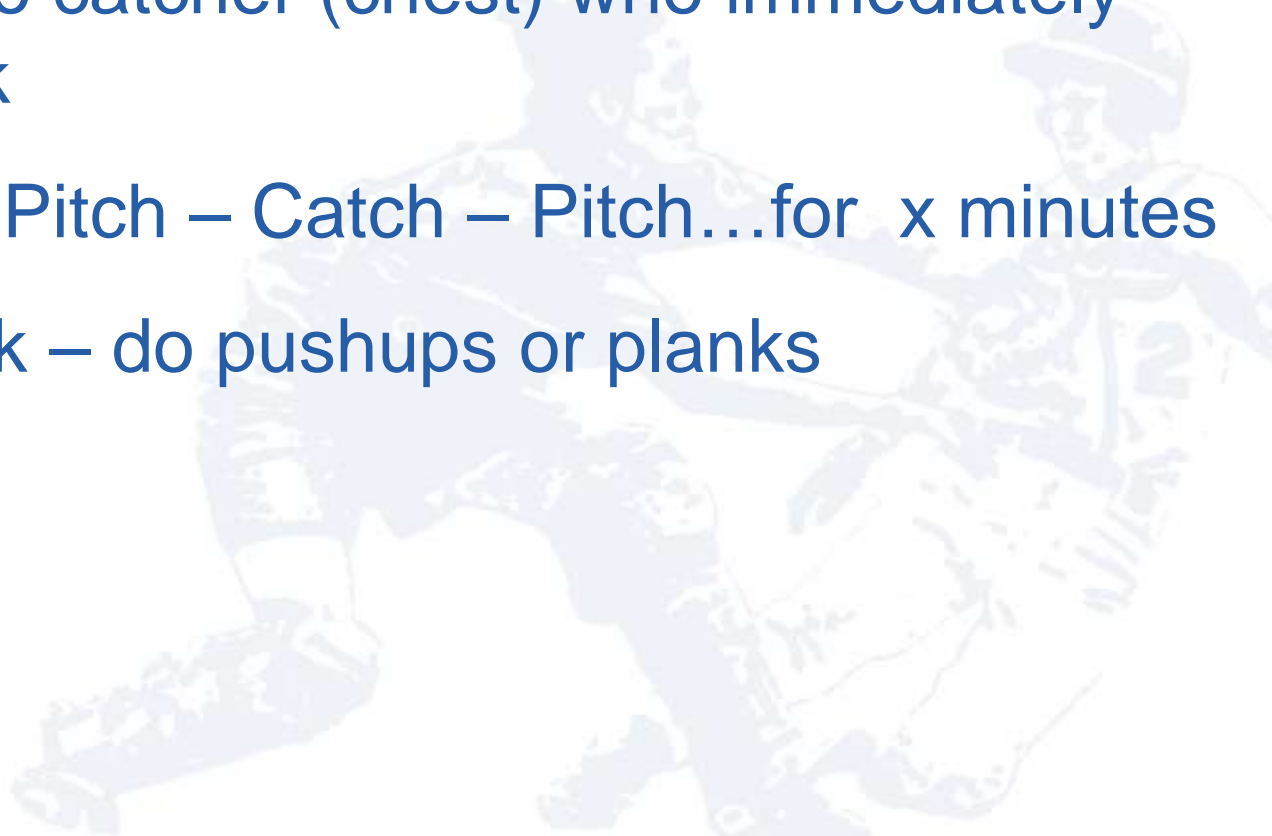


Leg Bands

- Used with lighter balls can give you 5-8mph increase in season:
 - start with the easiest for everyone.
 - Not easy & if poor core stability will really struggle.
 - Need good mechanics.
 - Used easiest one for about 3 weeks
 - Then increase one level.
 - Secret is increase tension & do non-dominant side pitching so don't overload stride side
- **For maintenance:**
 - Twice per month use band & sock for 44 repetitions.

Rapid Fire Pitching

- Catcher has a ball, Pitcher has a ball
- Pitcher throws from 35 feet
- Pitcher throws to catcher (chest) who immediately throws ball back
- Pitch – Catch – Pitch – Catch – Pitch...for x minutes
- 40 second break – do pushups or planks
- Repeat...



6 Week Program – Speed, Power

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------------------------------|--|---|--|--|--|
| WEEK 1 <i>(time on gun)</i> | Basketball – 10 full distance at 100% Distance – 10 at 100 ft at 100% Pitching – 20 min. fastballs | SOCK Program LEG BANDS – 10 pitches with lighter ball Pitching – 20 min. fastballs | Rapid Fire Pitching – 2 minutes, 40 seconds, 2 minutes Pitching – 20 min. fastballs | Basketball – 10 full distance at 100% Distance – 10 at 100 ft at 100% Pitching – 20 min. fastballs | Pitching – Regular workout using lighter ball or Zip Balls for first half |
| WEEK 2 | Basketball – 10 full distance at 100% Distance – 10 at 100 ft at 100% Pitching – 20 min. fastballs | SOCK Program LEG BANDS – 10 pitches with lighter ball Pitching – 20 min. fastballs | Rapid Fire Pitching – 2 minutes, 40 seconds, 2 minutes Pitching – 20 min. fastballs | Basketball – 10 full distance at 100% Distance – 10 at 100 ft at 100% Pitching – 20 min. fastballs | Pitching – Regular workout using lighter ball or Zip Balls for first half Pitching – 20 min. fastballs |
| WEEK 3 | Basketball – 15 full distance at 100% Distance – 15 at 100 ft at 100% Pitching – 20 min. fastballs | SOCK Program LEG BANDS – 15 pitches with lighter ball Pitching – 20 min. fastballs | Rapid Fire Pitching – 2.5 minutes, 40 seconds, 2.5 minutes Pitching – 20 min. fastballs | Basketball – 15 full distance at 100% Distance – 15 at 100 ft at 100% Pitching – 20 min. fastballs | Pitching – Regular workout using lighter ball or Zip Balls for first half Pitching – 20 min. fastballs |

6 Week Program – Speed, Power

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------------------------------|---|--|---|---|---|
| WEEK 4 | Basketball – 12 full distance at 100% Distance – 12 at 100 ft at 100% Pitching – 25 min. fastballs | SOCK Program LEG BANDS – 15 pitches with lighter ball Pitching – 25 min. fastballs | Rapid Fire Pitching – 3 minutes, 45 seconds, 3 minutes Pitching – 20 min. fastballs | Basketball – 12 full distance at 100% Distance – 12 at 100 ft at 100% Pitching – 25 min. fastballs | Pitching – Regular workout using lighter ball or Zip Balls for first half Pitching – 25 min. fastballs |
| WEEK 5 | Basketball – 15 full distance at 100% Distance – 15 at 100 ft at 100% Pitching – 25 min. fastballs | SOCK Program LEG BANDS – 12 pitches with lighter ball, <i>next</i> <i>level band</i> Pitching – 25 min. fastballs | Rapid Fire Pitching – 3 minutes, 45 seconds, 3 minutes Pitching – 20 min. fastballs | Basketball – 15 full distance at 100% Distance – 15 at 100 ft at 100% Pitching – 25 min. fastballs | Pitching – Regular workout using lighter ball or Zip Balls for first half Pitching – 25 min. fastballs |
| WEEK 6 <i>(time on gun)</i> | Basketball – 15 full distance at 100% Distance – 15 at 100 ft at 100% Pitching – 30 min. fastballs | SOCK Program LEG BANDS – 15 pitches with lighter ball, <i>next</i> <i>level band</i> Pitching – 30 min. fastballs | Rapid Fire Pitching – 2.5 minutes, 40 seconds, 2.5 minutes Pitching – 30 min. fastballs | Basketball – 15 full distance at 100% Distance – 15 at 100 ft at 100% Pitching – 30 min. fastballs | Pitching – Regular workout using lighter ball or Zip Balls for first half Pitching – 30 min. fastballs |

6 Week Program – Control

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------|---|--|---|--|--|
| WEEK 1 | Chart 7 Point Accuracy 10 Pitches – all 7 locations | 10 - each location 10 – bottom 3 locations | 10 each location 10 – middle 2 | 10 each location 10 – top 2 | 10 each location 5 – each location |
| WEEK 2 | 5 Pitches – all 7 locations 5 Pitches – all 7 locations 5 pitches – all 7 locations | 12 – each location 5 - each location | 5 Pitches – all 7 locations 5 Pitches – all 7 locations 5 pitches – all 7 locations | 12 – each location 5 - each location | 50 Pitches – alternate In & Out locations 50 Pitches – Alternate Up & Down |
| WEEK 3 | 3 Pitches (5 sets) – alternate Up & Down 3 Pitches (5 sets) – alternate In & Out Repeat twice | 8 Pitches Up – 4 each corner 8 Pitches Down – 4 each corner 8 Pitches each side 8 – Changeups Repeat 3 times | 3 Pitches (5 sets) – alternate Up & Down 3 Pitches (5 sets) – alternate In & Out Repeat twice | 8 Pitches Up – 4 each corner 8 Pitches Down – 4 each corner 8 Pitches each side 8 – Changeups Repeat 3 times | 4 Pitches each location 4 Changeups – low out 4 Change ups – low in Repeat twice |

6 Week Program – Control

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------|--|---|--|---|--|
| WEEK 4 | 3 each location 2 each location 1 each location <i>(include changeups low corners)</i> | 4 Pitches each - Up/Down-Outside - 3 sets 4 Pitches each - Up/Down-Inside – 3 sets | 3 each location 2 each location 1 each location <i>(include changeups low corners)</i> | 4 Pitches each - Up/Outside , Down/Inside - 3 sets 4 Pitches each - Up/Inside, Down/Outside – 3 sets | 3 each location 2 times <i>(including changeup)</i> |
| WEEK 5 | 2 each location 1 each location <i>(include changeups low corners)</i> twice | 2 Pitches each - Up/Down-Outside - 4sets 2 Pitches each - Up/Down-Inside – 4 sets | 1 each location 2 each location <i>(include changeups low corners)</i> twice | 2 Pitches each - Up/Outside , Down/Inside - 4 sets 2 Pitches each - Up/Inside, Down/Outside – 4 sets | 2 each location 4 times <i>(including changeup)</i> |
| WEEK 6 | 1 Pitch (5 sets)– opposites, start In 1 Pitch (5 sets) – opposites, start Out Repeat 3 times | 3 pitch L's – starting In 3 pitch L's – starting Out Repeat for workout | 1 Pitch (5 sets)– opposites, start In 1 Pitch (5 sets) – opposites, start Out Repeat 3 times | 3 pitch L's – starting In 3 pitch L's – starting Out Repeat for workout | Chart 7 Point Accuracy 10 Pitches – all 7 locations |

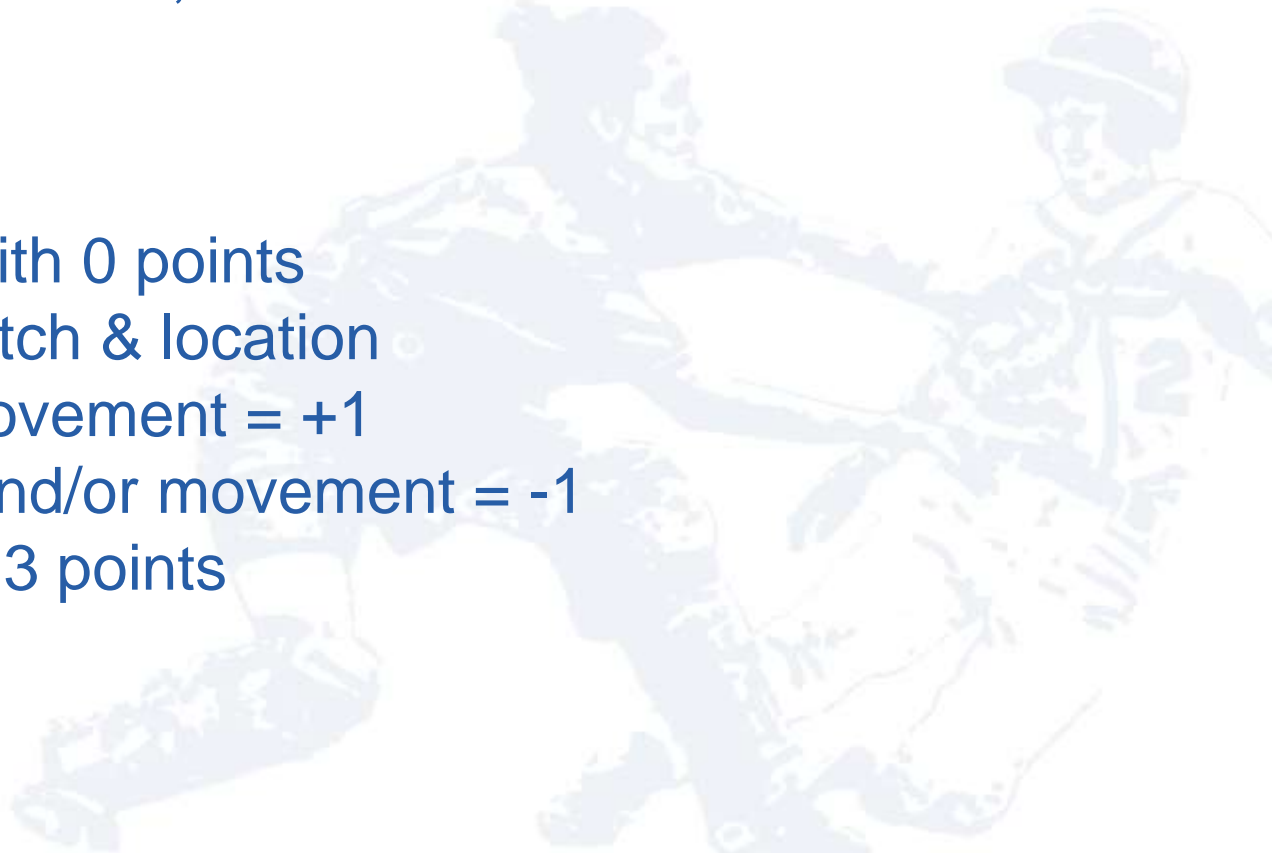
Pitching Games

● 10

- Pitcher vs. catcher
- Each pitch a point
- Strike = +1 for pitcher, ball = +1 for catcher
- 1st to 10 wins

● +3

- Pitcher starts with 0 points
- Catcher calls pitch & location
- Hits target & movement = +1
- Misses target and/or movement = -1
- Object is to get 3 points



Pitching Games, cont

● 4 Strikes, 2 Balls

- 0-0 count to start
- Catcher call pitches & is umpire
- Strike = hits target & movement
- Ball = misses target & movement
- Set BB limit for inning before the game (usually 3)
- 1 pitcher at a time
- 3 BB's inning over for that pitcher no matter how many outs
- 3 innings game over
- Most outs after 3 innings wins

