

Name: _____

PITCHING

Week 1 (Jan. 8-11)

- ____ Get loose
- 20 spins each pitch:
- ____ Rise
- ____ Curve
- ____ Drop
- ____ Change
- ____ Other

LOCATION:

- 8 Down in
- ____
- 8 Down out
- ____
- 8 Up in
- ____
- 8 Curve
- ____
- 15 Change ups
- ____
- 8 Others
- ____
- ____
- ____ 20 long toss
- CATCHERS:
- ____ 10 Blocks
- front
- ____ 10 Blocks
- side to side
- Jog 3 Laps

****ICE****

Name: _____

PITCHING

Week 2 (Jan. 16-19)

- ____ Get loose
- 20 spins each pitch:
- ____ Rise
- ____ Curve
- ____ Drop
- ____ Change
- ____ Other

LOCATION:

- 10 Down in
- ____
- 10 Down out
- ____
- 10 Up in
- ____
- 10 Curve
- ____
- 15 Change ups
- ____
- 10 Others
- ____
- ____
- ____ 20 long toss
- CATCHERS:
- ____ 10 Blocks
- front
- ____ 10 Blocks
- side to side
- Jog 3 Laps

****ICE****

Name: _____

PITCHING

Week 3 (Jan. 22-25)

- ____ Get loose
- 20 spins each pitch:
- ____ Rise
- ____ Curve
- ____ Drop
- ____ Change
- ____ Other

LOCATION:

- 12 Down in
- ____
- 12 Down out
- ____
- 12 Up in
- ____
- 12 Curve
- ____
- 20 Change ups
- ____
- 12 Others
- ____
- ____

____ 25 long toss

➤ CATCHERS:

- ____ 15 Blocks
- front
- ____ 15 Blocks
- side to side

➤ Jog 3 Laps

****ICE***

Name: _____

PITCHING

Week 4 (Jan. 29-Feb. 2)

- ____ Get loose
- 20 spins each pitch:
- ____ Rise
- ____ Curve
- ____ Drop
- ____ Change
- ____ Other

LOCATION:

- 12 Down in
- ____
- 12 Down out
- ____
- 12 Up in
- ____
- 12 Curve
- ____
- 20 Change ups
- ____
- 12 Others
- ____
- ____

____ 25 long toss

➤ CATCHERS:

- ____ 15 Blocks
- front
- ____ 15 Blocks
- side to side

➤ Jog 3 Laps

****ICE***