



ST. LOUIS PROSPECTS BASEBALL CLUB
PITCHING PROGRAM
HIGH SCHOOL 2020/21



INTRODUCTION



The Prospects Pitching Program will be new and improved for the 2020/21 season. We are very excited about our program format and, combined with our strength training program, expect extremely positive results for our pitchers. Like other aspects of our overall training program, we do not expect everyone to look and do things exactly the same way. Our program will be customized for each player, addressing their individual needs as they move along through the program.

The program will utilize state of the art technology such as Motus Throw. In addition, we are excited to announce the addition of Rapsodo!

Motus Throw is a training platform for baseball players of all ages. The lab-accurate Motus sensor is worn in a compression sleeve on the throwing arm, and sits just below the Ulnar-Collateral-Ligament (UCL). Each throw captures peak valgus torque on the arm, which is accumulated into state-of-the art workload measures designed to help you train at your peak.

Rapsodo provides instant data on pitch velocity, spin rate, true spin rate, spin axis, and spin efficiency as well as strike zone analysis, horizontal and vertical break, 3D trajectory, and now release information. See any pitch from side, top, pitcher or catcher views, and track progress over time with historical and statistical analysis to ensure that you or your athletes are getting the most out of the arm.

We will also use video analysis, and measure velocity as needed.



EVERYDAY WORK



While the pitching program will be customized to each player, there will be certain elements that will be performed on a consistent basis. Active Warm Up, Pre Throwing Warm Up, After Work Throwing and Recovery are designed to get the body ready to perform the necessary exercises and movements involved with the program in order to prevent injury and build strength. Examples of each include.....

ACTIVE WARM UP

- Iron crosses
- Fire Hydrants
- Knee hugs w/ lunge
- Quad pull to grass grabs
- SL explosive hops
- AND MORE.....depending on any movement deficiencies

PRE THROWING WARM UP

- J Bands
- Wrist weights
- Plyo Ball
 - Toss ups
 - Figure 8's

AFTER THROWING WORK

- Trampoline throws/braces
- Cross symmetry
- Tap ball
- Kettle Bell walks

RECOVERY- Throwing is a repetitive movement and along with it comes the possibility of overuse injuries. By expediting the recovery process immediately following a workout you:

- Reduce muscle fatigue or soreness
- Reduce risk of injury
- Enhance future performance



THE PROGRAM

The Prospects Pitching Program is 5 months (20 weeks) long. Depending on how each player progresses through the program, on-ramping (build-up/return to throwing) will start approximately week 10. Long toss, drill work, flat ground/short mound/full mound will take place weeks 13-20, while building up pitch count to prepare for the high school season.

Players will gradually build up to the throwing phase of the program. In addition to the Everyday Work, players will focus on Med Ball Work during weeks 1-6. This includes rockers, scoops, side to side and overhead slams, shoulder throws, etc.

Weeks 7-10 will build upon the first 6 weeks and move in to Plyo Ball Work. Examples of Plyo Ball Work includes reverse throws, pivot pick offs, pull downs, walking wind ups, etc.

Our pitching program is specifically designed for pitchers whose main priority is developing into a COMPLETE pitcher. The program focuses on arm care as well as improving mobility and flexibility. The program will pay particular attention to improving mechanics, and in conjunction with strength training, increasing velocity.

We designed the Prospects Pitching Program to be the best available. Combined with the strength training component, we are offering an affordable, comprehensive program that will give each player the best chance to be successful. In addition, Players will be training and working out in front of our staff which is a huge advantage over training elsewhere. Our staff communicates with college coaches on a regular basis and whether it's sending video, photos, or simply speaking about how hard our players are working, we are an extension to those colleges that may have an interest in you! Developing players and moving them on to the next level is what we do best!