

7-Week Off-Season Pitchers Throwing Program

OFF	Day 1	Day 2	Day 3	Day 4	Day 5	OFF
Week 1 Band work	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Light Catch 70-100 ft. 12+ min. 70-80% effort 10-15 CH 15 Pick Offs	OFF
Week 2 Band work	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work What's your Focus?	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	OFF
Week 3 Band work	Long Toss/Bullpen 120-150 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Long Toss/Bullpen 120-150 ft. 15+ min. 80-90% effort 10-15 CH/Spin 20 pitch pen FB's only	OFF
Week 4 Band work	Long Toss/Bullpen 150-180 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Long Toss/Bullpen 150-180 ft. 15+ min. 80-90% effort 10-15 CH/Spin 30 pitch bullpen FB/CH	OFF
Week 5 Band work	Long Toss/Bullpen 180-210 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Long Toss/Bullpen 180-210 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES	OFF

Week 6 Band work	Long Toss/Bullpen 210-240 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Batter	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Long Toss/Bullpen 210-240 ft. 15+ min. 80-90% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 1 Batter	OFF
Week 7 Band work	Long Toss/Bullpen 235-265+ ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Catch 90-120+ ft. 15+ min. 80-90% effort 10-15 CH/Spin 15 Pick Offs	Delivery Work Mirror work/ Towel Work/ Shadow Work Light Catch Optional	Long Toss/Bullpen 235-265+ ft. 15+ min. 95+% effort 10-15 CH/Spin 35 pitch bullpen ALL PITCHES + 2 Batters	OFF

Band Work

[6 Rotator Cuff Exercises To Throw Harder - Baseball Throwing Drills!](#)

[J-Band Warm-Up Routine for Pitchers](#)

[16 J-Band Exercises That Will Help You Throw Harder](#)

[Baseball Arm Care Exercises](#)

Delivery/Mechanics Work

[Top 10 Pitching Drills To Develop The Perfect Pitching Mechanics](#)

[5 PRO PITCHING DRILLS!](#)

[BASEBALL PITCHERS Towel Drill](#)