

Lockport Porters Baseball

6 Week Throwing Program

*****Always do Arm Circles and Bands first!!!!**

The following distances are based on a college freshman with average arm strength. Therefore, depending on your arm strength and the history of your arm, you may find that these distances are too restricting, or not challenging enough for you.

Week 1 -- (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws
75 ft -- 10 throws
90 ft + (optional 5 additional minutes of throwing and/or increase distance if the arm "asks" for it)
75 ft -- 10 throws
60 ft -- 10 throws (and any additional throws if needed)

Week 2 -- (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws
75 ft -- 10 throws
90 ft -- 5 throws
105 ft -- 5 throws
120 ft -- 5 throws
120 ft + (optional 5 additional minutes of throwing at same distance or increase distance if the arm "asks" for it)
105 ft -- 3 throws
90 ft -- 3 throws
75 ft -- 3 throws
60 ft -- 5 throws (and any additional throws if needed)

Week 3 -- (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws
75 ft -- 10 throws
90 ft -- 5 throws
105 ft -- 5 throws
120 ft -- 5 throws
135 ft -- 2 throws
150 ft -- 2 throws
150 ft + (optional 5 additional minutes of throwing at same distance or increase distance if the arm "asks" for it)
140 ft -- 1 throws
130 ft -- 1 throws
120 ft -- 1 throw
110 ft -- 1 throw
100 ft -- 1 throw
90 ft -- 1 throw
80 ft -- 1 throw
70 ft -- 1 throw
60 ft -- 5 throws (or any additional throws if needed)
*** Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

Week 4 -- (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws
75 ft -- 10 throws
90 ft -- 5 throws
105 ft -- 5 throws
120 ft -- 3 throws
135 ft -- 3 throws
150 ft -- 3 throws
165 ft -- 3 throws
180 ft -- 3 throws
195 ft -- 3 throws
195 ft + (optional -- 5-10 minutes of additional throwing at same distance or increase distance if the arm "asks" for it)
180 ft -- 1 throws
170 ft -- 1 throws
160 ft -- 1 throw
150 ft -- 1 throw
140 ft -- 1 throw
130 ft -- 1 throw
120 ft -- 1 throw
110 ft -- 1 throw
100 ft -- 1 throw
90 ft -- 1 throw
80 ft -- 1 throw
70 ft -- 1 throw
60 ft -- 5 throws (or more if needed)
*** Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

Lockport Porters Baseball 6 Week Throwing Program

*****Always do Arm Circles and Bands first!!!!**

Week 5 -- (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws
75 ft -- 10 throws
90 ft -- 5 throws
105 ft -- 3 throws
120 ft -- 3 throws
135 ft -- 3 throws
150 ft -- 3 throws
165 ft -- 3 throws
180 ft -- 3 throws
195 ft -- 3 throws
210 ft -- 3 throws
225 ft -- 3 throws
225 ft + -- (optional -- 5-10 minutes of additional
throwing at same distance or increase distance if the
arm "asks" for it)
210 ft -- 1 throw
200 ft -- 1 throw
190 ft -- 1 throw
180 ft -- 1 throw
170 ft -- 1 throw
160 ft -- 1 throw
150 ft -- 1 throw
140 ft -- 1 throw
130 ft -- 1 throw
120 ft -- 1 throw
110 ft -- 1 throw
100 ft -- 1 throw
90 ft -- 1 throw
80 ft -- 1 throw
70 ft -- 1 throw
60 ft -- 5 throws (or more if needed)
*** Flat Ground Work Tuesday/Friday -- (15 Change-
Ups, 10 Light Breaking Balls)

Week 6 -- (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws
75 ft -- 10 throws
90 ft -- 5 throws
105 ft -- 3 throws
120 ft -- 3 throws
135 ft -- 3 throws
150 ft -- 3 throws
165 ft -- 3 throws
180 ft -- 3 throws
195 ft -- 3 throws
210 ft -- 3 throws
225 ft -- 3 throws
240 ft -- 3 throws
240 + (optional -- 5-10 minutes of additional throwing at
same distance or increase distance if the arm "asks" for
it)
230 ft -- 1 throws
220 ft -- 1 throws
210 ft -- 1 throw
200 ft -- 1 throw
190 ft -- 1 throw
180 ft -- 1 throw
170 ft -- 1 throw
160 ft -- 1 throw
150 ft -- 1 throw
140 ft -- 1 throw
130 ft -- 1 throw
120 ft -- 1 throw
110 ft -- 1 throw
100 ft -- 1 throw
90 ft -- 1 throw
80 ft -- 1 throw
70 ft -- 1 throw
60 ft -- 5 throws (or more if needed)
*** Flat Ground Work Tuesday/Friday -- (15 Change-
Ups, 10 Light Breaking Balls)

Note: If you choose the option of throwing beyond the predetermined "peak" throw that day (e.g. 225 feet in Week 5), then once you do peak out that day (e.g. 300 feet), remember to come back toward your throwing partner (pull down phase) 10 feet per throw until you get back into 60 feet. Once at 60 feet, feel free to throw as many as your arm feels it needs at that point. Also, be aware that at 60 feet, especially if you have a strong arm, it may be dangerous to pull down at this distance. You can finish your pull downs at 65 feet, or whatever distance deems it safe, without sacrificing your effort.

Read more at

Jaeger Sports- Off Season Throwing Program

http://www.jaegersports.com/press_articles.php?psid=15