

RAWLINGS TIGERS IN-SEASON PITCHER ROUTINE

Day of Appearance/Start

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing Routine

- Stretch out to desired distance
 - Understand Arm: Throw enough to be hot but not enough to where bullets are wasted.
- Minimum 5 Change-Ups & Off-Speed Pitches to finish catch.
- Loose arm on way out and pull-down line drive throws on way in.
- Flat ground pen before taking mound.
 - During flat ground, you will garner feel for Off-Speed pitches.
- Half of bullpen from wind-up and half from stretch position.
 - Your routine. Have a plan, purpose, and execute pitches in the zone. Understand process of warming up and not just throwing to get ready.

Running

- Short Flush Routine Directly After Throwing
 - Swinging Shuffles – 90ft x 3
 - Punching Shuffles – 90ft x 3
 - Punching Sprints – 4 each (Punching Up/Out/Down/Side)
- 15 Minute Run
 - Long Distance Jog

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Day After Appearance/Start

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Pre-Throw

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing Routine

- Play catch to feel. Stretch out to comfortable distance.

Workout/Body Weight Routine

- Long Flush Routine
 - Swinging Shuffles – 90ft X 5
 - Punching Shuffles – 90ft X 5
 - Punching Sprints (Punching Up/Out/Down/Side) – 90ft X 10
- Body Weight Routine
 - Hindu Squats – 30 Reps
 - Jumping Lunges – 20 Reps each leg
 - Hindu Squat Jumps – 15 X 2
 - Lateral Side to Side Jumps – 10 Each Leg
 - Drop Squats 20 X 2
 - Forward & Back Hindu Jumps – 15 X 2
- Ab Routine
 - Regular Sit Ups – 25 X 3
 - Slow Bike Sit Ups – 20 each Leg
 - Planks – 2 X 1 minute each
 - Scissors – 20 each Leg

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2nd Day After Appearance/Start

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing

- Long Toss Routine
 - Loose Arm Action w/Progression to longest throw of day.
 - Note: No throw should be on a line yet
 - Once you hit peak distance for the day, throws should get harder and more on a line. Condense throws on the way in (1 throw move in 15 ft until back to 60 Ft).
 - Off-Speed Catch/Flat Ground Bullpen Option
- Pick Off Catch
 - Pick Offs to 1st & 2nd Base (Inside Move & Jump Turn Daylight Picks)
 - Mix Up Timing (0, 1, 4, Infinity Timing)
 - A, B, C Moves (A=Best, B=Regular Game Move, C=I know your there move)
- PFP Work
 - Use PFP Pitcher sheet for more information.

Running/Workout

- Energy Workout (90ft Increments)
 - Jogging Down & Back – 2 Minutes
 - Burpees – 1 Minute
 - Jogging while pushing arms out in front of chest-thumb under – 2 Minutes
 - Mountain Climbers with inside kick – 1 Minute
 - Jogging while pushing outward – 2 minutes
 - Mountain Climbers with outside kick – 1 Minute
 - Jogging while punching straight out – 2 minutes
 - Partner Sit-Ups - :30 Seconds
 - Jogging with hands above head pushing upwards – 2 Minutes
 - Push Ups – 30 Seconds
 - Jogging while punching down – 2 Minutes
 - Planks – 1 Minute

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Midweek Bullpen Day

***Note:** The exercise section to be done after all of the games for the day if player is to play another game. If player is done for the day, he can get this done.

****Pitcher must have thrown a minimum of 3 innings in order to qualify for this.**

Pre-Throw

- Rawlings Tiger Stretching Routine
- Jaeger Band Routine

Throwing

- Play catch to comfort for the day. Should be stretched out but long toss does not have to occur.
- Bullpen (Or midweek appearance in Game)
 - 20-30 Pitches
 - Attack mechanics & feel for Off-Speed
 - Half Stretch & Half Windup

Running & Workout

- 8 Sprint Poles (Sprint to the first gap and then jog the rest)
- Inferno Circuit
 - First Round
 - Burpees, Lunges, Squats (All X 15 Seconds)
 - Second Round
 - Burpees, Lunges, Squats (All X 30 Seconds)
 - Third Round
 - Burpees, Lunges, Squats (All X 45 Seconds)
- Ab Routine
 - Regular Sit Ups – 25 X 3
 - Slow Bike Sit Ups – 20 Each Leg
 - Planks – 2 X 1 Minute Each
 - Scissors – 20 Each Leg