### 2014-2015 Macalester Pitcher's Throwing Program

<table>
<thead>
<tr>
<th>Week</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| 1: Loosening Phase (All loose arm action) | 10 wrist flicks (WF)  
10 shoulders square at 30 ft (SS)  
10 rhythm throws at 50 ft (RT)  
10 rhythm to rock back at 60 ft (RTRB)  
5 step together at 60-75 ft |
| Monday | Tuesday |
| 10 WF  
10 SS at 30 ft  
10 RT at 50 ft  
10 RTRB at 60 ft  
15 step together at 60-75 ft | Off: 12/16/2014 |
| Wednesday | Thursday |
| 10 WF  
10 SS at 30 ft  
10 RT at 50 ft  
10 RTRB at 60 ft  
Step together:  
10 at 75 ft  
10 at 90 ft | 10 WF  
10 SS at 30 ft  
10 RT at 50 ft  
10 RTRB at 60 ft  
Step together:  
10 at 75 ft  
10 at 90 ft  
5 at 110 ft |
| Friday | Saturday |
| Off: 12/16/2014 | Off: 12/19/2014 |

<table>
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</table>
| 2: Loosening Phase (All loose arm action) | 10 WF  
10 SS at 30 feet  
5 RT at 50 feet  
5 RTRB at 60 ft  
Step together:  
8 at 75 ft  
8 at 90 ft  
8 at 110 ft  
12 at 130 ft  
5 throws to bring back in towards partner |
| Monday | Tuesday |
| 10 WF  
10 SS at 30 feet  
5 RT at 50 feet  
5 RTRB at 60 ft  
Step together:  
8 at 75 ft  
8 at 90 ft  
10 at 110 ft  
10 at 130 ft  
5 throws to bring back in towards partner | Off: 12/22/2014 |
| Wednesday | Thursday |
| 10 WF  
10 SS at 30 feet  
5 RT at 50 feet  
5 RTRB at 60 ft  
Step together:  
8 at 75 ft  
8 at 90 ft  
10 at 110 ft  
10 at 130 ft  
8 at 150 ft  
5 throws to bring back in towards partner | Off: 12/24/2014 |
| Friday | Saturday |
| Off: 12/22/2014 | Off: 12/25/2014 |

<table>
<thead>
<tr>
<th>Week</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>3: Loosening &amp; Strengthening (Increasing Arm Speed as distance dictates)</td>
<td>Off: 12/28/2014</td>
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<tr>
<td>Monday</td>
<td>Tuesday</td>
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</tbody>
</table>
| 10 WF  
8 SS at 30 ft  
8 RT at 50 ft  
8 RTRB at 60 ft  
Step together:  
5 at 75 ft  
5 at 90 ft  
5 at 110 feet  
5 at 130 feet  
8 at 150 ft  
8 at 175 ft  
5 at 200 ft  
5 throws to bring back in towards partner | 10 WF  
8 SS at 30 ft  
8 RT at 50 ft  
8 RTRB at 60 ft  
Step together:  
5 at 75 ft  
5 at 90 ft  
5 at 110 feet  
5 at 130 feet  
8 at 150 ft  
8 at 175 ft  
10 at 200 ft  
Any further distance dictated by partners  
10 throws to bring back in towards partner  
Grip Catch: 5 FB, 5 CH, 10 every other |
| Wednesday | Thursday |
| 10 WF  
8 SS at 30 ft  
8 RT at 50 ft  
8 RTRB at 60 ft  
Step together:  
5 at 75 ft  
5 at 90 ft  
5 at 110 feet  
5 at 130 feet  
8 at 150 ft  
8 at 175 ft  
10 at 200 ft  
Any further distance dictated by partners  
10 throws to bring back in towards partner  
Grip Catch: 5 FB, 5 CH, 10 every other | Off: 12/31/2014 |
| Friday | Saturday |
| Off: 1/1/2014 | 10 WF  
8 SS at 30 ft  
8 RT at 50 ft  
8 RTRB at 60 ft  
Step together:  
5 at 75 ft  
5 at 90 ft  
5 at 110 feet  
5 at 130 feet  
8 at 150 ft  
8 at 175 ft  
10 at 200 ft  
Any further distance dictated by partners  
10 throws to bring back in towards partner  
Grip Catch: 5 FB, 5 CH, 10 every other |

All days begin with a full dynamic warm-up and Donley scap protocol and end with Cressey post-throwing stretching. Extra stretching recommended. Agility training should continue to be done minimum of 3X per week after finishing with strength coach agility program.
### 2014-2015 Macalester Pitcher's Throwing Program

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<td>8 SS at 30 ft</td>
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<td>Step together:</td>
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<td>8 at 150 ft</td>
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<tr>
<td>15 at 200 ft Any further distance dictated by partners</td>
<td>15 at 200 ft Any further distance dictated by partners</td>
<td>15 at 200 ft Any further distance dictated by partners</td>
<td>15 at 200 ft Any further distance dictated by partners</td>
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<tr>
<td>10 throws to bring back in towards partner Grip Catch: 5 FB, 5 CH, 10 every other</td>
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<table>
<thead>
<tr>
<th>5: Strength Phase (Max gains)</th>
<th>10 WF</th>
<th>10 WF</th>
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<tbody>
<tr>
<td>10 WF</td>
<td>10 WF</td>
<td>10 WF</td>
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</tr>
<tr>
<td>8 SS at 30 ft</td>
<td>8 SS at 30 ft</td>
<td>8 SS at 30 ft</td>
<td></td>
</tr>
<tr>
<td>8 RT at 50 ft</td>
<td>8 RT at 50 ft</td>
<td>8 RT at 50 ft</td>
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<tr>
<td>8 RTRB at 60 ft</td>
<td>8 RTRB at 60 ft</td>
<td>8 RTRB at 60 ft</td>
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<tr>
<td>Step together:</td>
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<td>Step together:</td>
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<td>5 at 75 ft</td>
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<td>5 at 130 ft</td>
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<td>8 at 150 ft</td>
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<td>8 at 175 ft</td>
<td>8 at 175 ft</td>
<td>8 at 175 ft</td>
<td></td>
</tr>
<tr>
<td>10 at 200 ft Any further distance dictated by partners</td>
<td>10 at 200 ft Any further distance dictated by partners</td>
<td>10 at 200 ft Any further distance dictated by partners</td>
<td></td>
</tr>
<tr>
<td>5 throws to bring back in towards partner 60-80 feet apart 5 max effort throws, Grip Catch: 5 FB, 5 CH, 10 every other</td>
<td>5 throws to bring back in towards partner 60-80 feet apart 5 max effort throws, Grip Catch: 5 FB, 5 CH, 10 every other</td>
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All days begin with a full dynamic warm-up and Donley scap protocol and end with Cressey post-throwing stretching. Extra stretching recommended. Agility training should continue to be done minimum of 3X per week after finishing with strength coach agility program.
### 2014-2015 Macalester Pitcher's Throwing Program

#### 6: Strength Phase (Max gains)

**Off: 1/18/2014**

- **10 WF**
  - 8 SS at 30 ft
  - 8 RT at 50 ft
  - 8 RTRB at 60 ft
- Step together:
  - 5 at 75 ft
  - 5 at 90 ft
  - 5 at 110 ft
  - 5 at 130 ft
  - 8 at 150 ft
  - 8 at 175 ft
  - 10 at 200 ft
- Any further distance dictated by partners
  - 5 throws to bring back in towards partner 60-80 feet apart
    - 10 max effort throws
    - 3 step spots: 15 each set (FB/CH Only)

**Off: 1/22/2014**

- **10 WF**
  - 8 SS at 30 ft
  - 8 RT at 50 ft
  - 8 RTRB at 60 ft
- Step together:
  - 5 at 75 ft
  - 5 at 90 ft
  - 5 at 110 ft
  - 5 at 130 ft
  - 8 at 150 ft
  - 8 at 175 ft
  - 10 at 200 ft
- Any further distance dictated by partners
  - 5 throws to bring back in towards partner 60-80 feet apart
    - 20 max effort throws
    - Spots: 2 sets of 15 out of stretch (FB/CH Only)

#### 7: Strength Phase (Max gains)

**Off: 1/25/2014**

- **10 WF**
  - 8 SS at 30 ft
  - 8 RT at 50 ft
  - 8 RTRB at 60 ft
- Step together:
  - 5 at 75 ft
  - 5 at 90 ft
  - 5 at 110 ft
  - 5 at 130 ft
  - 8 at 150 ft
  - 8 at 175 ft
  - 10 at 200 ft
- Any further distance dictated by partners
  - 5 throws to bring back in towards partner 60-80 feet apart
    - 30 max effort throws
    - Spots: 2 sets of 15 out of stretch (FB/CH Only)

**Off: 1/29/2014**

- **10 WF**
  - 8 SS at 30 ft
  - 8 RT at 50 ft
  - 8 RTRB at 60 ft
- Step together:
  - 5 at 75 ft
  - 5 at 90 ft
  - 5 at 110 ft
  - 5 at 130 ft
  - 8 at 150 ft
  - 8 at 175 ft
  - 10 at 200 ft
- Any further distance dictated by partners
  - 5 throws to bring back in towards partner 60-80 feet apart
    - 25 max effort throws
    - Spots: 2 sets of 15 out of stretch (FB/CH Only)

**Off: 1/29/2014**

- **10 WF**
  - 8 SS at 30 ft
  - 8 RT at 50 ft
  - 8 RTRB at 60 ft
- Step together:
  - 5 at 75 ft
  - 5 at 90 ft
  - 5 at 110 ft
  - 5 at 130 ft
  - 8 at 150 ft
  - 8 at 175 ft
  - 10 at 200 ft
- Any further distance dictated by partners
  - 5 throws to bring back in towards partner 60-80 feet apart
    - 15 max effort throws
    - Spots: 2 sets of 15 out of stretch (FB/CH Only)

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