

Pitchers off Season Throwing Program
8 Week off season

Week 1: Start soft toss program (every other day M-W-F)

40 ft x 5 minutes
60 ft x 5 minutes
80 ft x 5 minutes

Week 2: Soft toff program (every other day M-W-F)

40 ft x 5 minutes
100 ft x 5 minutes
45 ft x 5 minutes

Week 3: Soft toss program everyday (Monday thru Friday)

Week 4:

Soft toss program everyday (Monday thru Friday) Monday (Jan27) and Thursday (Jan 30) 5 minutes easy sideline-fastball only.

Week 5:

Soft toss program every day (Monday thru Friday) Monday (Feb 3) and Thursday (Feb 6) 8 minute easy sideline-fastball and changeup only.

Week 6:

Soft toss program everyday (Monday thru Friday) Monday (Feb 10) and Thursday (Feb 13) 10 minutes sideline fastball and changeup only. Start breaking ball easy.
During soft toss program only.

Week 7:

Soft toss program every day (Monday thru Friday) Monday (Feb 17) and Thursday (Feb 20) 10 minute side-line-fastball, changeup and *easy* breaking ball.

Week 8:

Soft toss program everyday (Monday thru Friday) Monday (Feb 24), Wednesday (Feb 26), and Friday (Feb 28) 12 minute sideline-all pitches **easy**.

