



Pitching Clinic:

Prep Routine, Full Body Engagement, and Arm Care

By

Roman Rendon, LAT, ATC, CES, PES



Prep-Routine

Team Warm– Up

- 30-Yards Jog x2 (Building Up Speed)
- High Knee/Butt Kicker Combo (10 Yds)
- Lunge & Reach/Lunge & Twist Combo (10 Yds)
- Shuffle to Sprint x2 (10 Yds to 30 Yds)
- Team Relay Race 30 Yds

Small Group Prep– Routine

- Thoracic Mobility Sequence
- Shoulder Mobility Sequence
- Hip Mobility Sequence
- Arm Flush

Small Group Routine

- Station 1: Banded Hip No Throw, Banded Knee No Throw, TKE, Load and Go
- Station 2: Rotational Eccentric/Concentric Plyo Ball, Crow Hop Plyo Throw, TKE Plyo Slam
- Station 3: Reverse Throw Plyo Ball, ER/IR Plyo Throws, Shoulder Stabilization (High Work)
- Station 3: Shoulder Stabilization Manuals with Roman (Low Work)

Shoulder Maintenance

- Shoulder A-T-Y: 2x12 (Bands)
- Shoulder High Row to ER: 2x12 (Bands)
- Shoulder ER/IR: 2x12 (Bands)
- Blackburn's: 2x12 (Body Weight)
- Shoulder Taps: 2x10
- 3 Way Shoulder Mini Band Perturbations: 2x20-25's



Reasoning

Breakdown

- **Warm-Up:** Simple drills which not only warm up your body for the activity, but they are also designed to help with active flexibility of the hip and leg area as well as develop the muscle and technique necessary for speed improvement. Warming up also increases the blood-flow to the muscles and decreases their contraction and reflex time, this protects you from potential injury.
- **Prep Routine:** Create mobility and stability needed to carry out athletic and sport specific movements. Better mobility and strength will allow for more generation of power and elastic energy because of improved range of motion.
- **Routine:** Specific drills for pitchers that emphasize and teach them how to utilize their lower body in synchronization with their upper body. Plyo ball drill will monitored so it is safe but the purpose is to teach the kids how to generate greater forces while using their entire body. **Alternative station 3 is for kids who have thrown an “excess amount of ball” in prior days.**
- **Arm Care:** Teach the kids a proper routine that they need to due at least 3 to 4 times a week to build up and maintain shoulder strength.