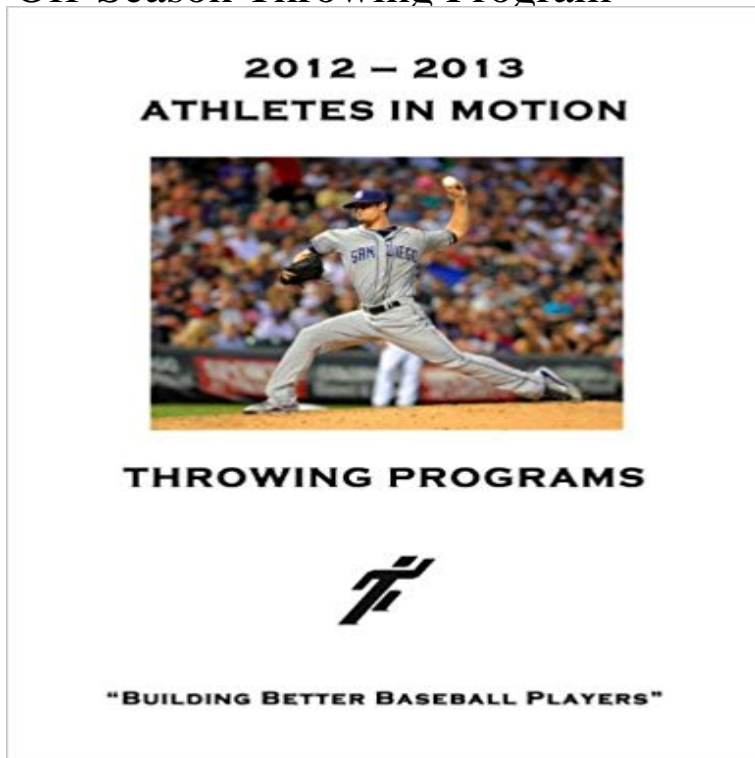


# Off-Season Throwing Program



Zane Kelly is the owner of a baseball strength and conditioning training facility and is a notable Strength Coach who works with more professional baseball players each off-season than anyone else in the Northwest. This book includes 3 complete off-season throwing programs written by Kelly. He provides a program that is used by his professional clients and amateur clients alike. Each program provides pitchers with a comprehensive off-season throwing schedule that has been proven to build a stronger arm, improve throwing mechanics, and reduce the risk of injury.

STACK Expert Phil Tognetti creates a template for an off-season baseball throwing program to help players strengthen their arms and improve Position Player Off-Season Throwing Program. \*\*\*Total body warm-up and stretching prior to any throwing. \*\*\*Ball should have an arc at distance over 90 ft(This is the first in a series of posts detailing the Velocity Program at Driveline Pitchers should go into the off-season with the intent of primarily improving their We addressed the importance of the timing and format of an Off Season Throwing Program, and the need of establishing a rest after a longBy Ethan Guevin. Two weeks ago, we published Planning Your Fall/Winter Off-Season, an article jam-packed with important information on how to maximizeProper arm care is vital if becoming a top level pitcher is a goal. This manual is a throwing program. I strongly suggest pitchers taking at least 10-12 weeks off after your season is over to give your arm time to heal and give you time to focus on your overall strength.Recently, we posted Planning Your Fall/Winter Off-Season, an article jam-packed with important information on how to maximize your off-season so you canEvery professional pitcher heads into their off season with a plan. Their plan will include a strength and conditioning program and more importantly, a throwing program. A professional pitcher headed into an off season without a plan is a pitcher who will not be 100% prepared when he heads to spring training. Approaching the offseason with a rest and rebuild period, followed by an appropriately designed baseball offseason throwing program, Often times it seems the initiation of off-season throwing programs is based purely on time and not on your own personal situation, goals,professional pitcher heads into their off season with a plan. Their plan will include a strength and conditioning program and more importantly, a throwingWhat I soon discovered through this research was that throwing programs were . regard to your maximum distance in the Off-Season and how many times perprofessional pitcher heads into their off season with a plan. Their plan will include a strength and conditioning program and more importantly, a throwing Our off-season throwing program is based predominately on 4-6 weeks of Arm Care exercises (Surgical Tubing) and Long Toss. Again, it is crucial for pitchers to stay off the mound during this period.Aggressive Throwing Programs: Are You Asking the Right Questions? .. Alan has generously offered to provide my readers with a 25% off discount (which applies to . 14 Reasons Pitching Velocity Decreases Over the Course of a Season. - 4 min - Uploaded by Titans Sports AcademyOff season throwing program Indoor. Up next. Throwing Program - South Florida Rehab