



# Starting with Weighted Balls

- Best starting point to gradually incorporate when playing catch
  - Stretching out phase only to start, no pulling down
  - Starting with overload balls only to get the training effect
    - Gaining extra external rotation and layback at the shoulder
      - Improves velocity
      - Increases stress on the shoulder, need to be able to appropriately control those end ranges
        - See Blackburns video series
    - Cleaning up inefficiencies in throwing mechanics
- Sample program:
  - 2-3x/week for 3-4 weeks, play catch with weighted balls
  - While stretching out:
    - Start with 5 oz baseball
    - Use 9 oz to 90 feet, switch to 7 oz from 90 feet to 120 feet
    - Finish stretching out as needed, come in with 5 oz baseball

# Tips/Tricks When Programming Weighted Balls

- Avoid sudden, dramatic increases/decreases in the weight of the ball
- 2-3x/week to start, max 1 day of pulldowns per week with weighted balls
- Allow for training effects to take place before altering any variables
  - 3-4 week blocks
  - Variables include resistance of the ball, distance thrown, stretching out vs. pulling down with the weighted balls, how often weighted balls are used
- Start with overload balls for 2 3-4 week cycles before incorporating underload balls
- Always start and end with a regular 5 oz baseball

# Incorporating Underload Balls

- Trains intent and getting the body accustomed to moving at a higher velocity
- Should be used when coming in and pulling down rather than when stretching out
- Sample program (intended for a pitcher):
  - Stretch out to desired distance
  - Start coming in using a regular 5 oz baseball
  - From 90 feet to 60 feet, use a 4 oz baseball
  - At 60 feet, 10 throws first with a 3 oz baseball and 10 throws with a regular 5 oz baseball
  - Finish playing catch, cool down

# Sample Programming (Beginner)

\*\*\* Use sample program mentioned first for at least one 3-4 week cycle. \*\*\*

- 2-3x/week
  - When playing catch:
    - Start with regular 5 oz baseball
    - 45 feet to 90 feet, use 9 oz baseball
    - 90 feet to 120 feet, use 7 oz baseball
    - 120 feet to desired distance, use 6 oz
  - On one of the two days: come in from ending distance to 120 feet with 6 oz, finish coming in with regular 5 oz baseball
- 2-3x/week
  - When playing catch:
    - Start with regular 5 oz baseball
    - 45 feet to 60 feet, use 11 oz baseball
    - 60 feet to 90 feet, use 9 oz
    - 90 feet to 120 feet, use 7 oz
    - 120 feet to desired distance, use 5 oz
  - Come in as normal with 5 oz, pulldown days as desired

# Sample Programming (Advanced)

\*\*\* Use initial sample program and previous beginner programs for several 3-4 \*\*\* week cycles before incorporating.

- 3x/week

- When playing catch:

- Start with regular 5 oz
- 45 feet to 90 feet, use 9 oz
- 3 throws with 7 oz
- 90 feet to desired distance, use 6 oz

- Come in as normal with 5 oz, pulldown days as desired
- At 60 feet (intended for pitchers), 10 throws with 4 oz, 5 throws with 3 oz, 5-10 throws with regular 5 oz

- 3x/week

- When playing catch:

- Start with regular 5 oz
- 45 feet to 60 feet, use 11 oz
- 60 feet to 90 feet, use 9 oz
- 90 feet to 120 feet, use 7 oz
- 120 feet to desired distance, use 6 oz

- On one of the three days: come in from ending distance to 90 feet with 6 oz, finish coming in and pulling down with regular 5 oz baseball