



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