

Keep Calm & Baseball On Presents Coach Mike Killian (*Head Baseball Coach and Byron Nelson High School*) – Pitching and Catching Coaches Clinic 8/21/21

Coach Killian – Clinic Outline

Pre-Season Arm Programming

Core Strengthening and stability Exercises 2 or more times per week

7 Mins of Fun 40 seconds of work / 20 seconds of rest

- Sumo Squats
- Pinned Bridge
- Mountain Climber Jumps
- High Plank
- Fingertip or knuckle push ups
- Flying Elbows
- Catcher Hops

Band Work Jaeger Bands <https://www.jaegersports.com/product/j-bands-jr/>
Exercises <https://drive.google.com/open?id=1ITmNy6YJZTLgImZbPf-aMtRPNGxv-2lf>

Throwing

First 3 to 4 weeks Stretching Out Phase (Jaeger Model)

20 feet progress out to set distance and beyond based on your players ability and age. i.e., 20' out to 90' increasing by 10 feet each session

Note: Can go beyond set distance or not to set distance

Talk to your kids about "listening to your arm" how it feels for that day

During stretching out phase plenty of arc and get the ball there in the air

4 Weeks and Beyond Pull Down Phase

Take out to your max distance for the day then pull-down throws 1 every 10 feet all the way back to 60 feet max effort throws and, on a line,

In-Season Continue with Pull Down throwing when you practice as well as the 7 mins of fun (40 seconds of work / 20 seconds of rest)

Work Up Drills (Focus on Release Point / Rotation / Command)

Alternate pitch types 2 seam / 4 seam / Change Up

1. One Knee - taking the lower half out
2. Second Balance from 75% pitching distance
3. Dry Run at 75% pitching distance body awareness and balance

Bull Pens

Flat Ground - Begin at 75% of your mound distance i.e., pitch at 46 feet flat grounds at 35 feet (46 X .75)

A. Set 1 Fast Ball Focus

1. Low First Balance 2 glove side / 2 arm side
2. Low to High First Balance 3 sec hold 2 glove side 2 arm side
3. High / Low / High 2 glove side 2 arm side
4. Rhythm Drill 2 glove side 2 arm side

B. Set 2 Fastball Focus

1. 12 FB 4 1st Balance / 4 Windup / 4 Stretch Mix 2 seam / 4 seam

C. Change Up Focus

1. FB / Change Up combinations Glove Side then Arm Side
6 pitches

Mound Short Box (Can Use Same Routine as Flat Ground for Short Box) Short Box means from a mound 75% pitching distance

Mound Full Distance (After Warm up and Flat Ground Work)

- A. 12 FB 4 1st Balance / 4 Windup / 4 Stretch Mix 2 seam / 4 seam both glove and arm side
- B. FB / Change Combos glove and arm sides 6 pitches
- C. 3-2-2-2 From Stretch 3 FB / 2 Vups / 2 FB / 2 Vups
(Simulate Counts for location 1-0 counts and 2 strike counts)
- D. Simulated At Bats

Pitcher Fielder Practice (PFP)

3 pitcher routines 1B side work 3-1 plays / Middle work 1-6 and 1-4 throws / 3B side work bunts to 3B

Must Work: 3-1 plays and 1-3 plays / Double Play throws to 2B / Fielding bunts all lines / Pick offs all bases (use 3 pitcher routine) / Backing up positions / 1st and 3rd Plays / Run Downs

Dynamic Throwing in your daily practice throwing (Train athleticism along with position specific throws) See: <https://www.youtube.com/channel/UCRmz8U8pIlo5XGfpGymbgXQ>

Coach Trent Mongero Winning Baseball YouTube channel and Dirt Bros Baseball
Twitter and YouTube feeds
Catcher Drills

Stance
One Knee / Movement
Throwing
Blocking / Receiving