

GAMERS POST PITCHING CONDITIONING

15u and Up Gamer Pitcher running day after start, or 3 plus innings relief

- 12 poles
- 20 lunges (10 down and back 90 feet. Usually start on foul line and go in-line with 2nd base
- You can add a backwards lunge for the “back part of the “down and back”
- 20 standing distance jumps 90 feet. Flat footed jumps up and out
- 20 sprints 90 feet
- 50 sit-ups in between each set
- Throwers 10 program

15u and Up Gamer Reliever Running after Game (less than a 3 inning outing)

- 10 centerfield sprints
- Throwers 10 program

12-14u Gamer Pitcher running day after start, or 3 plus innings of relief

- 8 poles
- 10 lunges (5 down and back 90 ft)
- 25 pick ups
- 10 sprints 90 feet
- 30 sit-ups in between each set
- Throwers 10 program

12-14u Gamer Reliever Running after Game (less than a 3 inning outing)

- 8 centerfield sprints
- Throwers 10 program

Pitch Selection from Coach (From Coach to Catcher)

Right Ear = Fastball away

Left Ear= Fastball In

Nose= Change up

Chin= Breaking Ball