

6 Week Catcher Weighted Ball Arm Strengthening Program

Over this 6 week program you will work up to throwing the C25 3oz, 4oz, 6oz, 7oz weighted balls 127 feet down to second base, all with the **same intensity and mechanics**. In the beginning, throwing distances will be scaled to the overload with shorter distances, and the underload with longer distances. Eventually by the end of the 6 weeks, all the weights will meet at the 127 foot throw to second base. The overload throws (6oz, 7oz) will reinforce building **arm strength**, while the underload throws (3oz, 4oz) will **train your arm to whip** at speeds it never has before with a standard 5oz ball.

Average MLB Pop Time: 2.01 seconds

Average MLB Exchange (Release Time): .73 seconds

Average Time Ball is in the Air: 1.28 seconds = 64% of a Pop Time

With the ball being in flight 64% of a Pop Time on average, arm strength and carry is an **EXTREMELY IMPORTANT** part to being an elite thrower and having a good Pop Time. The average catcher throwing velocities at each respective level are:

High School: 70.9 MPH

College: 76.4 MPH

Professional: 81.8 MPH

Perform this C25 Weighted Baseball Catcher Throwing Program **1x per week for 6 weeks** under the supervision of a professional trainer to increase your throwing velocity. **DO NOT do this program during the season** as it is designed to be completed in your off season training months. It is highly recommended to **give yourself at least 1 FULL day rest following each week's throwing series**. It is also recommended to **long toss 2x per week in additional to this program** spreading out each of the three throwing days. **Example:**

Monday – Long Toss

Wednesday – Weighted Ball Program

Friday – Long Toss

Week 1: (3 Throws at 75% : 9 Throws at 100% : 12 Total)

1. Intensive Warmup and Band Series
2. Get arm fully loose progressively working out to 140 feet minimum.
3. Weighted Ball Program: **All throws out of secondary stance starting with the ball in your glove.**

- a. 5oz Baseball: 4 Throws to second at 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
- b. 6oz Baseball: 4 throws to 117 feet (10 feet shorter) – First at 75% effort to get release point. Remaining 3 throws at 100%.
- c. 4oz Baseball: 4 throws to 137 feet (10 Feet Longer) – First throw at 75% effort to get release point. Remaining 3 throws at 100%.

Week 2: (3 Throws at 75% : 12 Throws at 100% : 15 Total)

1. Intensive Warmup and Band Series
2. Get arm fully loose progressively working out to 145 feet minimum.
3. Weighted Ball Program: **All throws out of secondary stance starting with the ball in your glove.**
 - a. 5oz Baseball: 5 throws to second at 127 feet – First at 75% effort to get release point. Remaining 4 throws at 100%.
 - b. 6oz Baseball: 5 throws to 117 feet (10 feet shorter) – First at 75% effort to get release point. Remaining 4 throws at 100%.
 - c. 4oz Baseball: 5 throws to 137 feet (10 feet longer) – First throw at 75% effort to get release point. Remaining 4 throws at 100%.

Week 3: (5 Throws at 75% : 13 Throws at 100% : 18 Total)

1. Intensive Warmup and Band Series
2. Get arm fully loose progressively working out to 150 feet minimum.
3. Weighted Ball Program: **All throws out of secondary stance starting with the ball in your glove.**
 - a. 5oz Baseball: 4 throws to second at 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
 - b. 6oz Baseball: 3 throws to 122 feet (5 feet shorter) – First at 75% effort to get release point. Remaining 2 throws at 100%.
 - c. 7oz Baseball: 3 throws to 117 feet (10 feet shorter) - First at 75% effort to get release point. Remaining 2 throws at 100%.
 - d. 5oz Baseball: 4 throws to 127 feet – First throw at 75% effort to get release point. Remaining 3 throws at 100%.
 - e. 4oz Baseball: 4 Throws to 132 feet (5 feet longer) – First at 75% effort to get release point. Remaining 3 throws at 100%.

Week 4: (5 Throws at 75% : 16 Throws at 100% : 21 Total)

1. Intensive Warmup and Band Series
2. Get arm fully loose progressively working out to 155 feet minimum.

3. Weighted Ball Program: **All throws out of secondary stance starting with the ball in your glove.**
 - a. 5oz Baseball: 4 Throws to second at 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
 - b. 6oz Baseball: 5 throws to 122 feet (5 feet shorter) – First at 75% effort to get release point. Remaining 4 throws at 100%.
 - c. 7oz Baseball: 4 throws to 117 feet (10 feet shorter) - First at 75% effort to get release point. Remaining 3 throws at 100%.
 - d. 5oz Baseball: 4 throws to 127 feet – First throw at 75% effort to get release point. Remaining 3 throws at 100%.
 - e. 4oz Baseball: 4 Throws to 132 feet (5 feet longer) – First at 75% effort to get release point. Remaining 3 throws at 100%.

Week 5: (6 Throws at 75% : 18 Throws at 100% : 24 Total)

1. Intensive Warmup and Band Series
2. Get arm fully loose progressively working out to 160 feet minimum.
3. Weighted Ball Program: **All throws out of secondary stance starting with the ball in your glove.**
 - a. 5oz Baseball: 4 throws to second at 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
 - b. 6oz Baseball: 4 throws to 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
 - c. 7oz Baseball: 4 throws to 122 feet (5 feet shorter) - First at 75% effort to get release point. Remaining 3 throws at 100%.
 - d. 5oz Baseball: 4 throws to 127 feet – First throw at 75% effort to get release point. Remaining 3 throws at 100%.
 - e. 4oz Baseball: 4 Throws to 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
 - f. 3oz Baseball: 4 Throws to 132 feet (5 feet longer) – First at 75% effort to get release point. Remaining 3 Throws at 100%.

Week 6: (6 Throws at 75% : 18 Throws at 100% : 24 Total)

1. Intensive Warmup and Band Series
2. Get arm fully loose progressively working out to 165 feet minimum.
3. Weighted Ball Program: **All throws out of secondary stance starting with the ball in your glove.**
 - a. 5oz Baseball: 4 throws to second at 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.

- b. 6oz Baseball: 4 throws to 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
- c. 7oz Baseball: 4 throws to 127 feet - First at 75% effort to get release point. Remaining 3 throws at 100%.
- d. 5oz Baseball: 4 throws to 127 feet – First throw at 75% effort to get release point. Remaining 3 throws at 100%.
- e. 4oz Baseball: 4 Throws to 127 feet – First at 75% effort to get release point. Remaining 3 throws at 100%.
- f. 3oz Baseball: 4 Throws to 127 feet – First at 75% effort to get release point. Remaining 3 Throws at 100%.

COACHES NOTES:

- **CATCHERS MAY BOUNCE UNDERLOAD BASEBALLS IN THE BEGINNING AND THAT IS OKAY. JUST FOCUS ON STAYING LOW AND LINEAR TOWARDS SECOND BASE AND THE BOUNCES SHOULD GO AWAY. TRY MAKE THE UNDERLOAD BASEBALLS RISE BY PULLING DOWN ON THE TOP SEAM WITH A STRONG WRIST AND FINGERS.**
- **LISTEN TO YOUR BODY THROUGHOUT THIS WARMUP/THROWING PROGRAM. SORENESS IS OKAY, PAIN IS NOT. KNOW THE DIFFERENCE.**
- **PERFORM UNDER THE SUPERVISION OF A PROFESSIONAL TRAINER.**
- **MAINTAIN CONSISTENT THROWING MECHANICS AND INTENT THROUGHOUT THE PROGRAM.**
- **DO NOT PERFORM THIS PROGRAM IF YOU ARE DEEMED BY A PROFESSIONAL TRAINER TO HAVE POOR THROWING MECHANICS AS THIS MAY RESULT IN INJURY.**
- **NEVER THROW A WEIGHTED BALL OFF AN INCOMING PITCH. AN OFF TARGET PITCH MAY PUT YOU IN A NON MECHANICALLY SOUND THROWING POSITION WHICH WILL PUT YOU AT RISK FOR INJURY. ALWAYS START WITH THE BALL IN GLOVE TO MAINTAIN FULL CONTROL OVER CONSISTENTLY GETTING TO A MECHANICALLY SOUND THROWING POSITION.**
- **IF YOU HAVE A RADAR GUN, RECORDING YOUR VELOCITY WITH EACH BALL OVER THE 6 WEEKS IS RECOMMENDED TO TRACK IMPROVEMENTS.**

**COMPETE WITH YOURSELF EVERY WEEK TO KEEP IMPROVING...
GOODLUCK!**