

Get Ready for Tryouts In 6 Weeks

November 23, 2009

Only 6 weeks 'til tryouts in January so now is the time to start throwing and conditioning.

A new study has shown how 2 different 6-week programs "could be used to increase throwing accuracy, core stability, and proprioception" and get your arm ready for the season:

Lust KR. **The effects of 6-week training programs on throwing accuracy, proprioception, and core endurance in baseball.**

J Sport Rehab 2009 Aug;18(3):407-26.

In the 6-week study, college baseball players performed this Plyometrics Medicine Ball Program:

Table 3 Plyometric Training Program^{7,8,19-21,23}

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
2-handed chest pass	4-lb Plyoball 3 × 15	4-lb Plyoball 3 × 15	6-lb Plyoball 3 × 12	6-lb Plyoball 3 × 12	8-lb Plyoball 3 × 10	8-lb Plyoball 3 × 10
2-handed overhead soccer throw	4-lb Plyoball 3 × 15	4-lb Plyoball 3 × 15	6-lb Plyoball 3 × 12	6-lb Plyoball 3 × 12	8-lb Plyoball 3 × 10	8-lb Plyoball 3 × 10
2-handed side throw	4-lb Plyoball 3 × 15	4-lb Plyoball 3 × 15	6-lb Plyoball 3 × 12	6-lb Plyoball 3 × 12	8-lb Plyoball 3 × 10	8-lb Plyoball 3 × 10
1-handed baseball throw	1-lb Plyoball 3 × 15	1-lb Plyoball 3 × 15	1-lb Plyoball 3 × 12	2-lb Plyoball 3 × 12	2-lb Plyoball 3 × 10	2-lb Plyoball 3 × 10

2-handed chest pass



Overhead soccer throw



2-handed side throw



1-handed baseball throw



and did either Workout #1 or Workout #2 below, 3 times per week for 6 weeks.

Workout #1

(See pictures below to match exercises)

Table 1 Open Kinetic Chain Training Program^{10-12,28,29}

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sitting scaption: arm in 30° of horizontal abduction (thumbs up with dumbbell)	3 × 15, 50%	3 × 15, 55%	3 × 12, 60%	3 × 12, 65%	3 × 10, 70%	3 × 10, 75%
Prone-lying horizontal abduction: arm externally rotated (thumbs up with dumbbell)	3 × 15, 50%	3 × 15, 55%	3 × 12, 60%	3 × 12, 65%	3 × 10, 70%	3 × 10, 75%
Prone-lying single-arm rowing (with dumbbell)	3 × 15, 50%	3 × 15, 55%	3 × 12, 60%	3 × 12, 65%	3 × 10, 70%	3 × 10, 75%
Supine-lying bench press (with barbell)	3 × 15, 50%	3 × 15, 55%	3 × 12, 60%	3 × 12, 65%	3 × 10, 70%	3 × 10, 75%

- [Here is a good video](#) on how to do scaption.

Prone horizontal abduction



Figure 4. Prone Horizontal Abduction

Prone single-arm rowing



Figure 1. Prone row exercise.

Barbell Bench Press



Workout #2

(See links and pics to explain exercises)

Table 2 Closed Kinetic Chain Training Program^{10-12,28,29}

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
BAPS board	Quadruped Both hands	Quadruped Dominant hand	Modified push-up Both hands	Modified push-up Dominant hand	Push-up Both hands	Push-up Dominant hand
day 1	3 × 15 s	3 × 15 s	3 × 15 s	3 × 15 s	3 × 15 s	3 × 15 s
day 2	4 × 30 s	4 × 30 s	4 × 30 s	4 × 30 s	4 × 30 s	4 × 30 s
day 3	5 × 45 s	5 × 45 s	5 × 45 s	5 × 45 s	5 × 45 s	5 × 45 s
Step-ups on 12-in box	Quadruped	Quadruped	Modified push-up	Modified push-up	Push-up	Push-up
day 1	1 × 12	3 × 12	1 × 12	3 × 12	1 × 12	3 × 12
day 2	2 × 12	4 × 15	2 × 12	4 × 15	2 × 12	4 × 15
day 3	3 × 10	5 × 20	3 × 10	5 × 20	3 × 10	5 × 20
Balance on 48-in diameter stability ball	Modified push-up Both hands on ball	Modified push-up Each hand on 1 ball	Modified push-up Dominant hand on ball	Push-up Both hands on ball	Push-up Each hand on 1 ball	Push-up Dominant hand on ball
day 1	3 × 15 s	3 × 15 s	3 × 15 s	3 × 15 s	3 × 15 s	3 × 15 s
day 2	4 × 30 s	4 × 30 s	4 × 30 s	4 × 30 s	4 × 30 s	4 × 30 s
day 3	3 × 45 s	5 × 45 s	5 × 45 s	5 × 45 s	5 × 45 s	5 × 45 s

- [Here is a good video](#) on how to use a BAPS Board and [a good video](#) stability ball push-ups

Workout #2 also did core strengthening exercises that included

"Dead Bug" exercise ([seen here](#))



Quadruped Exercise



Wall Slides





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Both Workout #1 and Workout #2 produced **significant increases** in:

1. **Accuracy** (19% and 22% increased accuracy, respectively)
2. **Back strength** (14% and 47% increased back strength. respectively)
3. **Core strength** (83% and 140% increased core stability, respectively).

Hope that helps. best of luck.

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