4-Week Program Increases Velocity in Youth Baseball Players
January 6, 2011

A study released in December:

Escamilla R. Effects of a 4-Week Youth Baseball Conditioning Program on Throwing Velocity. Jou Str Cond Res 2010; 24(12): 3247-3254
(Click here to see the abstract and email me if you'd like the entire study)

Put 2 groups of baseball players 11-15 years of age through no program at all OR 75 minutes/day, 3 days/week of:

- 10 minute warm-up (stretching, arm circles, wrist exercises)
  (As I suspected, they didn’t do have the players do any JUMP ROPE! 😊)

- 30 minutes of elastic tubing exercises (1 set of 25 reps for 17 different exercises)
  - 30 minutes of throwing that consisted of:
  - 5-minute warm-up throwing at 50 feet
  - 15 minutes of “Pivot Throws” (5 minutes each at 60, 75, and 100 feet)
  - 10 minutes of Long Toss
    (13-15 year olds threw no further than 150 feet)
    (11-12 year olds no further than 125 feet)

- 5 minutes of cool-down stretching

By the end of the program, those in the conditioning group had a 4.1% increase in velocity (56.1 to 58.4 mph) compared to a 1% decrease in the control group (54.1 to 53.7 mph)

Why Do I Believe Velocity Increased?

- What was best about the tubing exercises was the emphasis on the "negative" part of each exercise, called the "eccentric phase":

  Each resistance exercise was performed in a 3-second repetition (1 second for the concentric phase and 2 seconds for the eccentric phase). Each subject was instructed on how

The eccentric phase is the most ignored yet perhaps most important way to train the throwing shoulder.

I believe this eccentric training made the shoulder more "throwing ready", increasing velocity.

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Of the tubing exercises showed in the study, the 5 I would most recommend are:

Hope that helps. Best of luck.

Greg Arnold, DC, CSCS
Complete Chiropractic Healthcare
4165 Blackhawk Plaza Circle, Suite 250
Danville, CA 94506
Phone: (925) 321-4668
Fax: (925) 886-4897
www.PitchingDoc.com

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