

The BEST Thing Coaches Can Do For Their Pitchers

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"If you fail to plan, you are planning to fail." -[Benjamin Franklin](#)

This quote is at the heart of what most coaches do that is a significant impediment to their pitchers' success

What are most coaches doing?

They are NOT giving their pitchers proper notice of when they're scheduled to pitch either in a starting or relieving role.

Why is this hurting pitchers?

Because pitchers are unable to get into a routine between starts and properly prepare to pitch.

How much notice should coaches give?

Letting pitchers know 6-7 days ahead of time enables them to schedule their running, conditioning, long toss, and bullpen sessions.

As Roger Clemens once said: "My only day off is the day I pitch."

What should pitchers do between starts?

The 4 activities I recommend are:

1. **Running:** Knowing when to do endurance and sprint training
2. **Weight Jump Rope / Medicine ball training:** Helps keep the rotator cuff 'Baseball Strong' and enhance recovery between starts
3. **Long Toss:** Helps maintain proper timing of the throwing motion and is just as important than doing a bullpen session
4. **Bullpen session:** Working on different pitches and final preparation before the next pitching appearance

When should pitchers do these activities between starts?

I answer this in my baseball video library that gives a sample routine between pitching appearances.

[You can learn more about my video library here](#) and [You can purchase a 1-year subscription here.](#)

Have Questions About This Newsletter?

Contact (631-352-7654 / PitchingDoc@msn.com) Dr. Arnold!