

IN-SEASON MAINTENANCE PROGRAM: POSITION PLAYERS

Purpose of Program

The Position Player program is designed to be an every day arm-care program for use by everyone.

Programming Notes

TARGET ATHLETES:

All Baseball Players 9-14

All exercises are meant to be done in listed order for pre and post-throwing purposes, except alternating where listed.

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EXERCISE	GAME	PRACTICE
Dynamic Warm-Up	8–10s per exercise	————→
Foam Roll	10s per pass, full body	————→
Jaeger Band Series	10 reps per exercise	————→
Wrist Weight Series	10 reps per exercise	————→
Shoulder Perturbations	10s per exercise	————→
Lacrosse Ball Rollout	20s per body part, all exercises in book	————→
PlyoCare Reverse Throws	1 x 10, 1kg	2 x 10, 1kg
PlyoCare Pivot Pickoffs	1 x 10, 450g	2 x 10, 450g
PlyoCare Roll-In Throws	1 x 10, 225g	————→
PlyoCare Rocker Throws	1 x 1 blue, red, yellow, gray	2 x 1 blue, red, yellow, gray
PlyoCare Walking Windup	1 x 1 blue, red, yellow, gray	2 x 1 blue, red, yellow, gray
Jaeger Long Toss Series	To Tolerance	————→
PlyoCare Rebounders	2 x 10 reps with 1 kg AND 450g balls	————→
PlyoCare Upward Tosses	2 x 10 reps with 1 kg AND 450g balls	————→
Band Pullaparts	3 x 15 reps	————→
Band Bicep Curls	2 x 10 reps	————→
Foam Roll	10s per pass, full body	————→
Wrist Weight Pronation Swing	10 reps	————→
Jaeger Band Series	10 reps per exercise	————→
Lacrosse Ball Rollout	20s per body part, all exercises in book	————→
High Plank	1 x 20 second hold	3 x 20 second hold
Pushups	1 x 20 second hold	3 x 20 second hold
Pull-ups	1 x 20 second hold	3 x 20 second hold
Air Squat	1 x 10 reps	3 x 10 reps
Lateral Step-Up	1 x 10 reps	3 x 10 reps
Step-Up	1 x 10 reps each leg	3 x 10 reps each leg
Medball throws	1 x 10 reps each throw type	3 x 10 reps each throw type

W A R M U P	HYBRID		
	EXERCISE	SETS	REPS
	Dynamic Warm-Up	1	8–10s per exercise
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Wrist Weight Series	1	10 reps per exercise
	Shoulder Perturbations	1	10s per exercise
	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	PlyoCare Reverse Throws	1	10 reps with 1 kg green AND 450g blue
	PlyoCare Pivot Pickoffs	1	10 reps with 1 kg green AND 450g blue
T H R O W I N G	PlyoCare Roll-In Throws	1	10 reps with 450g blue AND 225g red
	PlyoCare Rocker Throws	2	1 throw each with blue, red, yellow, gray
	PlyoCare Walking Windup	2	1 throw each with blue, red, yellow, gray
	Catch Play	1	Go out as far as possible. 90% effort
	PlyoCare Rebounders	2	10 reps with 450 g AND 1 kg balls
	PlyoCare Upward Tosses	2	10 reps with 1 kg OR 450g ball
R E C O V E R Y	Band Pull-aparts	2	10 reps
	Band Bicep Curls	2	10 reps
	Wrist Weight Pronation Swing	1	10 reps @ 70% effort
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	All PlyoCare reps done at 90% Perceived Exertion		

W A R M U P	RECOVERY		
	EXERCISE	SETS	REPS
	Dynamic Warm-Up	1	8–10 seconds per exercise
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Wrist Weight Series	1	10 reps per exercise
	Shoulder Perturbations	1	10s per exercise
	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	PlyoCare Reverse Throws	1	10 reps with 1 kg green AND 450g blue
	PlyoCare Pivot Pickoffs	1	10 reps with 1 kg green AND 450g blue
T H R O W I N G	PlyoCare Roll-In Throws	1	10 reps with 450g blue AND 225g red
	Light Catch	1	Easy Toss <50% Effort
	PlyoCare Rebounders	3	10 reps with 1 kg OR 450g ball
	PlyoCare Upward Tosses	3	10 reps with 1 kg ball
	Band Pull-aparts	3	10 reps
	Band Bicep Curls	3	10 reps
R E C O V E R Y	Foam Roll	1	10s per pass, full body
	Wrist Weight Pronation Swing	1	10 reps @ 70% effort
	Jaeger Band Series	1	10 reps per exercise
	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	All PlyoCare reps done at < 70% Perceived Exertion		

W A R M U P	VELOCITY		
	EXERCISE	SETS	REPS
	Dynamic Warm-Up	1	8–10s per exercise
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Wrist Weight Series	1	10 reps per exercise
	Shoulder Perturbations	1	10s per exercise
T H R O W I N G	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	Jaeger Long Toss Series	1	Extension Phase/Light Catch
	PlyoCare Reverse Throws	1	10 reps with 1 kg green AND 450g blue
	PlyoCare Pivot Pickoffs	1	10 reps with 1 kg green AND 450g blue
	PlyoCare Roll-In Throws	1	10 reps with 450g blue AND 225g red
	PlyoCare Rocker Throws	1	1 throw each with blue, red, yellow, gray
	PlyoCare Walking Windup	1	1 throw each with blue, red, yellow, gray
R E C O V E R Y	High Output Throw, Baseball	4	4 throws each baseball; first throw at 80%
	PlyoCare Rebounders	2	10 reps with 450 g AND 1 kg balls
	PlyoCare Upward Tosses	2	10 reps with 1 kg OR 450g ball
	Band Pull-aparts	2	10 reps
	Band Bicep Curls	2	10 reps
	Wrist Weight Pronation Swing	1	10 reps @ 70% effort
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	PlyoCare drills to get hot. Radar max effort throws.		

W A R M U P	BULLPEN		
	EXERCISE	SETS	REPS
	Dynamic Warm-Up	1	8–10s per exercise
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Wrist Weight Series	1	10 reps per exercise
	Shoulder Perturbations	1	10s per exercise
T H R O W I N G	Lacrosse Ball Rollout	1	20s per body part, all exercises in book
	PlyoCare Reverse Throws	1	10 reps with 1 kg green AND 450g blue
	PlyoCare Pivot Pickoffs	1	10 reps with 1 kg green AND 450g blue
	PlyoCare Roll-In Throws	1	10 reps with 450g blue AND 225g red
	PlyoCare Rocker Throws	1	1 throw each with blue, red, yellow, gray
	PlyoCare Walking Windup	1	1 throw each with blue, red, yellow, gray
	Jaeger Long Toss Series	1	Extension Phase/Light Catch
R E C O V E R Y	Bullpen	20-30 pitches	Follow the Level Up protocol
	PlyoCare Rebounders	2	10 reps with 450 g AND 1 kg balls
	PlyoCare Upward Tosses	2	10 reps with 1 kg OR 450g ball
	Band Pull-aparts	2	10 reps
	Band Bicep Curls	2	10 reps
	Wrist Weight Pronation Swing	1	10 reps @ 70% effort
	Foam Roll	1	10s per pass, full body
	Jaeger Band Series	1	10 reps per exercise
	Lacrosse Ball Rollout	1	20s per body part, all exercises in book

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COMMAND		
EXERCISE	SETS	REPS
Dynamic Warm-Up	1	8–10s per exercise
Foam Roll	1	10s per pass, full body
Jaeger Band Series	1	10 reps per exercise
Wrist Weight Series	1	10 reps per exercise
Shoulder Perturbations	1	10s per exercise
Lacrosse Ball Rollout	1	20s per body part, all exercises in book
PlyoCare Reverse Throws	1	10 reps with 1 kg green AND 450g blue
PlyoCare Pivot Pickoffs	1	10 reps with 1 kg green AND 450g blue
PlyoCare Roll-In Throws	1	10 reps with 450g blue AND 225g red
PlyoCare Rocker Throws	1	1 throw each with blue, red, yellow, gray
PlyoCare Walking Windup	1	1 throw each with blue, red, yellow, gray
Jaeger Long Toss Series	1	Extension Phase/Light Catch
Flat Ground in front of mound	20-30 pitches	Follow the Level Up protocol
PlyoCare Rebounders	3	10 reps with 1 kg AND 450g balls
PlyoCare Upward Tosses	3	15 reps with 1 kg
Band Pullaparts	3	15 reps
Band Bicep Curls	3	10 reps
Foam Roll	1	10s per pass, full body
Wrist Weight Pronation Swing	1	10 reps @ 70% effort
Jaeger Band Series	1	10 reps per exercise
Lacrosse Ball Rollout	1	20s per body part, all exercises in book

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STRENGTH PROGRAMS			
	TIER 1 [START HERE]	TIER 2	TIER 3
CORE STATIC	High Plank. 3 x 20s hold.	—————→	
UPPER-BODY PUSH	Pushups. 3 x 10–20s. Hold in Lower Position.	Pushups. 3 x Max. As many as possible with good form.	Bench Press. 3 x 5. Start with the Bar.
UPPER-BODY PULL	Pull-ups. 3 x 10-20s. Hold at the Bar.	Pullups. 3 x Max. As many as possible with good form.	Dumbbell Rows. 3 x 5. Start with the lightest dumbbells.
LOWER-BODY BILATERAL	Air Squat. 3 x 10.	Goblet Squat. 3 x 10.	Front Squat. 3 x 5.
LOWER-BODY LATERAL	Lateral Step-Up. 3 x 10 each leg.	Dumbbell Lateral Lunge. 3 x 10 each leg.	————→
LOWER-BODY UNILATERAL	Step-Up. 3 x 10 each leg.	Dumbbell Forward Lunges. 3 x 10 each leg.	————→
CORE	Medball throws 3 x 10 (woodchopper, overhead, scoop toss).	—————→	