



Differential Command Program

Program Notes

Effort: Pitches should be thrown with at least 70% effort

Progression: If a pitcher executes at least 45% strikes for any program block, progress them to the next block. If not, go by week.

Note on Overweight/Underweight Focus: Use them after week 6 to target specific types of misses.

Weeks 1-2: Weight Focus				
Set 1	5oz	6oz	5oz	4oz
Set 2	5oz	6oz	5oz	4oz
Set 3	5oz	6oz	5oz	4oz
Set 4	5oz	6oz	5oz	4oz

Weeks 5-6: Combo - Size Forward				
Set 1	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, -5%
Set 2	6oz, Reg.	6oz, +5%	6oz, Reg.	6oz, -5%
Set 3	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, -5%
Set 4	4oz, Reg.	4oz, +5%	4oz, Reg.	4oz, -5%

Overweight, Oversize Focus (if misses cluster high/arm-side)				
Set 1	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, +5%
Set 2	6oz, Reg.	6oz, +5%	6oz, Reg.	6oz, +5%
Set 3	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, +5%
Set 4	6oz, Reg.	6oz, +5%	6oz, Reg.	6oz, +5%

Weeks 3-4: Size Focus				
Set 1	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, -5%
Set 2	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, -5%
Set 3	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, -5%
Set 4	5oz, Reg.	5oz, +5%	5oz, Reg.	5oz, -5%

Weeks 7-8: Combo - Weight Forward				
Set 1	5oz, Reg.	6oz, Reg.	5oz, Reg.	4oz, Reg.
Set 2	5oz, +5%	6oz, +5%	5oz, +5%	4oz, +5%
Set 3	5oz, Reg.	6oz, Reg.	5oz, Reg.	4oz, Reg.
Set 4	5oz, -5%	6oz, -5%	5oz, -5%	4oz, -5%

Underweight, Undersize Focus (if misses low high/glove-side)				
Set 1	5oz, Reg.	5oz, -5%	5oz, Reg.	5oz, -5%
Set 2	4oz, Reg.	4oz, -5%	4oz, Reg.	4oz, -5%
Set 3	5oz, Reg.	5oz, -5%	5oz, Reg.	5oz, -5%
Set 4	4oz, Reg.	4oz, -5%	4oz, Reg.	4oz, -5%