

# COMMAND TRAINING

## PROGRAMMING

This program is designed around using balls of varying size and weight in a progression that improves a pitcher's feel for the zone and lowers the average miss distance.

Tracking each session with Intended Zones will identify each pitcher's miss bias. This allows for individualized programming and targeting strategies to improve pitchers command



**Effort:** Program to be executed minimum 1-2 times per week with at least 70% effort. Can replace high intent days / mound work.

**Progression:** If a pitcher executes at least 50% strikes for any program block, progress them to the next block. If not, go by week.

**Note on Armside/Gloveside Focus:** Use them after week 8 to target specific types of misses.

Weeks 1-2: Size Focus					Weeks 3-4: Weight Focus				
Set 1	5oz	5oz, +5%	5oz	5oz, -5%	Set 1	5oz, Reg	6oz, +5%	5oz, Reg	4oz, +5%
Set 2	5oz	5oz, +5%	5oz	5oz, -5%	Set 2	5oz, Reg	6oz, -5%	5oz, Reg	4oz, -5%
Set 3	5oz	5oz, +5%	5oz	5oz, -5%	Set 3	5oz, Reg	6oz, +5%	5oz, Reg	4oz, +5%
Set 4	5oz	5oz, +5%	5oz	5oz, -5%	Set 4	5oz, Reg	6oz, -5%	5oz, Reg	4oz, -5%
Set 5	5oz	5oz, +5%	5oz	5oz, -5%	Set 5	5oz, Reg	6oz, +5%	5oz, Reg	4oz, +5%

  

Weeks 5-7: 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%
Set 5	5oz, Reg	5oz, +5%	5oz, Reg	5oz, -5%
Set 6	5oz, Reg	5oz, Reg	5oz, Reg	5oz, Reg

  

Armside Focus (if misses cluster low/glove-side)					Gloveside Focus (if misses cluster high/arm-side)				
Set 1	5oz, Reg	6oz, +5%	5oz, Reg	6oz, +5%	Set 1	5oz, Reg	5oz, -5%	5oz, Reg	5oz, +5%
Set 2	5oz, Reg	6oz, -5%	5oz, Reg	6oz, -5%	Set 2	5oz, Reg	4oz, -5%	5oz, Reg	4oz, -5%
Set 3	5oz, Reg	6oz, +5%	5oz, Reg	6oz, -5%	Set 3	5oz, Reg	5oz, -5%	5oz, Reg	4oz, -5%
Set 4	6oz, -5%	6oz, +5%	6oz, -5%	6oz, +5%	Set 4	4oz, -5%	5oz, -5%	4oz, -5%	5oz, -5%
Set 5	6oz, Reg	6oz, -5%	6oz, Reg	5oz, +5%	Set 5	4oz, Reg	4oz, -5%	4oz, Reg	4oz, +5%
Set 6	5oz, Reg	5oz, +5%	5oz, Reg	5oz, +5%	Set 6	5oz, Reg	4oz, +5%	5oz, Reg	4oz, +5%



USE INTENDED ZONES TRACKER	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Baseline (USE INTENDED ZONES TRACKER) - All 5oz	Recovery	Mound Blend A	Recovery	Mound Blend B	Recovery	Bullpen	OFF
Week 1 & 2 (Size Focus)	Recovery	Command A	Recovery	Command B	Recovery	Command Bullpen	OFF
Week 3 & 4 (Weight Focus)	Recovery	Command A	Recovery	Command B	Recovery	Command Bullpen	OFF
Week 5 - 7 (Combo - Size Forward)	Recovery	Command A	Recovery	Command B	Recovery	Command Bullpen	OFF
Week 8 - 9 (Miss Tendency)	Recovery	Command A	Recovery	Command B	Recovery	Command Bullpen	OFF
Re-Test (USE INTENDED ZONES TRACKER) - All 5oz	Recovery	Mound Blend A	Recovery	Mound Blend B	Recovery	Bullpen	OFF

**Notes:**

1. Use Intended Zone Tracker for all Command A, B, and Bullpen days
2. If you have the Base Set, repeat Weeks 1&2 until you want to re-test
3. If a pitcher throws 50%+ strikes during the week, can progress to next phase

**Throwing Day Definition - refer to guidelines for incorporating PULSE and Radar Gun feedback.**

1. Recovery - 50% RPE
2. B Day - 70% RPE
3. A Day - 90% RPE
4. Bullpen - 100% RPE



## Execution Guidelines using Radar Gun



Peak Velo	Recovery	B Day	A Day	Bullpen
70	53	60	67	70
73	55	63	69	73
75	56	65	71	75
77	58	66	73	77
80	60	69	76	80
83	62	71	79	83
85	64	73	81	85
87	65	75	83	87
90	68	77	86	90
93	70	80	88	93
95	71	82	90	95
97	73	83	92	97
100	75	86	95	100

## Execution Guidelines using Pulse



Peak Arm Speed	Recovery	B Day	A Day	Bullpen
850	555	700	810	850
900	585	740	855	900
950	620	780	905	950
1000	650	820	950	1000
1050	685	86	1000	1050
1100	715	900	1045	1100
1150	750	935	1095	1150
1200	780	985	1140	1200
1250	815	1025	1190	1250
1300	845	1065	1235	1300