

ReActive Arm Program

Weekly Arm Layering

On-Your-Own Throwing Guide

Glossary & Terms

High Intent Day. Any day you determine to throw with a level of INTENT greater than Low Intent Catch Play. This can include Long Toss, Bullpens, and Facing Batters.

Day After/Next Day. The immediate next day after a High Intent Day. Use this day to “Gauge” your level of soreness, stiffness, or discomfort.

Day Off. No Overhead Throwing this day.

Arm Layers. The state that your arm is currently in. This is predicated by how you feel on The Day After during Catch Play and by the threshold that you can attain on the Day After.

Catch Play. Throwing with a partner to whichever Distances and Intent that you choose. This is also where you develop Spin, see your Pitch Shapes & Ball Flight, and earn Command/Control.

Command. Your ability to control the Pitch Shape, Ball Fight, and Spin in order to hit the desired target or area.

Low Intent. Effortless Throwing. Distance doesn't matter here, but usually is no more than 100'.

High Intent. Throwing Hard and accelerating to completion.

Max Intent. Testing your limits on how fast you can move the arm.

Competitive Intent. The intent you use per pitch while Facing Batters in a competitive landscape.

Spin Command. Experimenting with Grips, Wrist Versions, and Cues to create a desired Spin.

Pitch Shape. How the batter sees your Pitch.

Ball Flight. How the ball flies to its target. Long Toss allows for you to see Ball Fight.

True Spin. The ball rotates on an axis at 95%-100% Efficiency. No Wobbling = No Cutting.

Stacking. Torso & Head stack through the Back Leg.

The Drift. Pelvis pulls away from the rubber.

Capturing The Drift. Actively throttling forward to target after a brief Drift.

The Corkscrew. Pelvis counter rotates to create torsion pressure in the Back Leg.

The Throttle. Your desired tempo of your Delivery with the Back Leg.

The Crank. How your arm moves from Hand Break to Flip Up.

Matching & Timing. How you sync your Crank with your Throttle.

The Bow. Angle the body flows into during Delivery. Pelvis is leading.

The Block. How your Front Leg catches your Delivery.

The PullBack. The Front Leg pulling back during ball launch.

The PullDown. Only exists with a proper PullBack. Arm pulls down to target.

Feels. What you feel during a movement.

Cues. What you use to trigger your Customized & Desired Feels.

Compensation Movements. Movements that occur after an Inefficient Movement in order to correct to the desired outcome.

1st Movement Deficiency. The root cause of your Compensation Movements.

Guarding. Your brain using an inefficient movement to protect your body.

Gathering. How you go from Neutral to Loading the Delivery.

Riding The Slide. Pelvis sinking towards the target; typically matches the slope of the mound.

The Setup. How your body likes to stand in the Stretch. Side of Rubber, Feet Angles, Postures.

The Flip Up. The ball goes from the lower arm swing to flipping up above the elbow.

Being Late. Throwing Arm is late to the Flip Up Position.

Being Pushy. The elbow breaks sequence and stabs forward.

Posterior Throwing. Launching the arm from your Posterior (opposite of Pushing).

Anterior Throwing. Leaning into the Front of your body to deliver the arm (Pushy).

Grips. Anything to do with the Hand & Fingers.

Wrist Versions. Anything to do with the angle you pre-set your Wrist.

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Arm Layers & How To Gauge Your Arm Layering

The On-Boarding Phase. Throwing to achieve Layer 1. This involves **Low Intent Catch Play** with **Limited to No Soreness on the Next Day/Day After.** On-Boarding typically takes about (2) Weeks with a deliberate effort to Throw at least (4) Times per Week. Bullpens are Not On-Boarding.

Layer 1. The ability to complete **Active Catch Play** the **Next Day/Day After** a **High Intent/Low Volume Day.** Any soreness or discomfort that limits you from completing means you are still On-Boarding. Layer 1 can last 2 to 4 Weeks depending on the player. Do Not Rush to get to Layer 2.

Layer 2. The ability to complete **Active Catch Play** the **Next Day/Day After** a **High Intent/Medium Volume Day.** Any soreness or discomfort that limits you from completing means you are still in Layer 1. You can Bullpen in Layer 2, but be careful not to “shock” the arm and create a **“More Than Usual” Next Day Soreness.**

Layer 3. The ability to complete **Active Catch Play** the **Next Day/Day After** a **High Intent/High Volume Day.** Any soreness or discomfort that limits you from completing Catch Play means you are still Layer 2. (15) to (30) Pitch Bullpens are typical during Layer 3. If you Increase Pitch Volume during a Bullpen, then Decrease Your Intent Per Pitch.

Layer 3 is where you’d ideally like to be when you enter a Spring Season. You haven’t faced Batters just yet, so that means your **Competitive Intent Per Pitch is still Lower. Also, you haven’t had an opportunity for enough **Next Day/Day After “Gauge” Days** to be in your **Master Layer/Peak Condition.***

Master Layer/Peak Condition/Competitively Layered. This is where you’d ideally like to be as you progress into your Spring Season. Typically takes a few Live Appearances (Intrasquads, Pitcher vs Batter, or Opponent Play) to create that **Competitive Pitch Intent & Competitive Pitch Volume** to achieve.

The **Master Layer is where all the magic happens. You make **Velocity Jumps** (PR’s and Sitting), your **Command** is sharper, your arm has now **Physiologically Adapted** to the chronic stressors you’ve been applying to it. This his means your arm is now **Healthier** and your **Risk of Injury is now Lowered.***

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Myths & Best Practices

Best Practice #1:

The net of everything below is that **THE PLAYER** is responsible for being his own **FILTER of Information**. Experiment and Question everything through your Filter. The Player must be allowed to develop his **FEELS** for specific items within his body and delivery. Your FEELS become your **CUSTOMIZED CUES**. If anyone (Pitching Coach, Biomechanical Lab Gurus, Doctor, PT, or Coach) attempts to force a Cue on to a player, then there begins the downfall as it's not originated by the Player.

Best Practice #2:

Your body must make **Physiological Adaptations** with its skeleton and soft tissue in order for you to reach **Elite Throwing Output**. There are Physical Examinations that can help determine where you are in this process. This means **Throwing** is the one true exercise that can progress your body into these desired Physiological Adaptations. All other exercises are Supplemental and should be utilized as such. **Puberty** is the biggest predictor of Velocity through Adolescence and High School. You'll Throw harder as you have Birthdays. **Forcing/Chasing Velocity** will likely make you recruit inefficient movements, thus limiting your Velocity.

Getting Started:

Predetermine your **Mindset** before every Throwing Session and even every Throw. You're always either **Layering, Returning To Range of Motion/Recovering, or Competing**.

Predetermine the **Intent on Every Throw**.

Predetermine that day's **Throwing Workload** as to set **Mini-Goals for Immediate Future Dates**. When is your Next Start? Bullpen? Long Toss? Heavy Left?

Myths & Common Pitfalls:

Myth Exposed: Rest = Rust. Taking OFF for Consecutive Days will strip away Arm Layering

Myth Exposed: Taking Off from Throwing for multiple weeks in a row does not contribute to a Healthier Arm, no matter the age.

Take Off Only Because You Have Pain or Tissue Inflammation

Throwing Is An Exercise. Don't treat Throwing as a Side Piece.

Throwing Is The Best Exercise To Throw Harder and to Stay Healthier

All Non-Throwing Exercises Are Completely Supplemental To Throwing

Myth Exposed: Doctors Are Not Experts On Throwing (even Ortho's)

Doctors Will Always Advise Shutting Down (Rest). So You Must Re-layer to then Bullpen & Compete.

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Myth Exposed: PT's Are Not Experts On Throwing.

PT's Are Experts On Returning A Person To His Normal Range Of Motion. Throwers Have An Abnormal Range Of Motion and Disparity From Their Throwing vs Non-Throwing Sides.

Myth Exposed: All Younger Players Have and Have Always Had "Bad" Posture (Anterior Biased).

Myth Exposed: Ice Does Not Protect Your Arm From Injury

Do Not Use Ice unless you are in Pain (includes Post Game, Day Before, & Day After).

Myth Exposed: Do Not Ice the Day Before as a Prophylactic Practice.

Advil (Ibuprofen) & Alleve (Naproxen) to Reduce Inflammation

Do Not Use Tylenol

Myth Exposed: Bands Don't Make Your Arm Safer or Healthier

Most Players Do Way Too Many Band Exercises = Fatigue

Most Players Use Bands That Are Too Heavy

Bands Have an Specific Activation Routine and a Day After/Recovery Routine

Myth Exposed: Plyo Balls Don't Build Velocity

Plyo Balls Have Specific Arm Actions To Accommodate For The Different Weights

Plyo Balls Are To Be Thrown Up, Not Straight In Front Of You

Myth Exposed: Breaking Balls (Curves, Sliders) Do Not Place You at Higher Risk of Arm Injury

Myth Exposed: There is No Right or Wrong Way To Throw a Curveball

Pre-Mature Arm Lateralization (casting away from the body) is the True Action that creates increased Arm Stress. Lowering this stress is accomplished through examining a player's Initial or 1st Movements.

Myth Exposed: Good Mechanics does not mean your Safer. Most people can't identify 1st Movement Deficiencies, so the rest of the Delivery is now useless to focus on.

Myth Exposed: Most Pitching Coaches aren't Experts on Mechanics.

Myth Exposed: Most Pitching Coaches & Instructors aren't Experts on Plocare, Bands, Long Toss, Activation Regimens, Recovery Protocols, Injury Prevention, Injury Treatments, Throwing Loads, and anything else that are peripheral and supplemental to a Pitcher's Diet.

Myth Exposed: Pitching Coaches are there solely to help you Compete Better in games.

Myth Exposed: Because my Instructor Played or Coached at a High Level, he knows his stuff.

If a Pitching Lesson begins with a Bullpen, you are in the wrong place.

Pitching Lessons should always begin with an **Initial Assessment** and then launch with teaching **Efficient On-Boarding Catch Play**.

Pitching Lessons should rarely be Private (One-On-One). Privacy creates a **False Environment**.

Myth Exposed: Jogging & Running Poles are not good for Pitchers.

Sprint Work, on the other hand, is great for Pitchers.

Myth Exposed: Stretching Your Arm doesn't help you. Elite Throwers don't Stretch Their Arms.

Myth Exposed: Being Flexible doesn't make you throw better or harder.

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On-Your-Own Throwing Guide

Weekly Throwing Guide (based on 8 Full Weeks of Pre-Season)

Week 1 (On-Boarding Phase)

Day 1 (Intent Day): Catch Play. Low Intent, Low Volume. Throw to Time or until you feel the onset of Fatigue. Include Varied Grip Throws for Pitch Shape.

Day 2 (Day After/Gauge Day): Catch Play to Assess Soreness/Stiffness. Identify exactly WHERE. Throw to complete your Range Of Motion. Do Not Throw to Fatigue. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Intent Day): Catch Play. Low Intent, Low Volume. Throw to Time or until you feel the onset of Fatigue. Include Varied Grip Throws for Pitch Shaping.

Day 4 (Day After/Gauge Day): Catch Play to Assess Soreness/Stiffness. Identify exactly WHERE. Throw to complete your Range Of Motion. Do Not Throw to Fatigue. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Week 2 (On-Boarding Phase)

Day 1 (Intent Day): Light Bands Regimen. Light Plyocare. Catch Play. Low Intent, Moderate Volume. Throw to Time or until you feel the onset of Fatigue. Include Varied Grip Throws for Pitch Shaping.

Day 2 (Day After/Gauge Day): Light Bands Regimen. Light Plyocare. Catch Play to Assess Soreness/Stiffness. Identify exactly WHERE, if any. Throw to complete your Range Of Motion. Do Not Throw to Fatigue.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Intent Day): Light Bands Regimen. Light Plyocare. Catch Play. Low Intent, Moderate Volume. Throw to Time or until you feel the onset of Fatigue. Include Varied Grips for Pitch Shaping.

Day 4 (Day After/Gauge Day): Catch Play to Assess Soreness/Stiffness. Identify exactly WHERE, if any. Throw to complete your Range Of Motion. Do Not Throw to Fatigue.

No Discomfort means progress to Week 3 in Layer 1.

OFF Day: Lift / Plyometrics / Agility Work or True No Throwing Day based on Body

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Week 3 (Layer 1)

Day 1 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Sporadic High Intent Throws. Moderate Intent, Moderate Volume. Throw to Increase Distance. Discover your Threshold (where you don't break Mechanics). Include Varied Grips for Pitch Shaping.

Day 2 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Sporadic High Intent Throws. Moderate Intent, Moderate Volume. Throw to Increase Distance. Discover your Threshold (where you don't break Mechanics). Include Varied Grips for Pitch Shaping.

Day 4 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Week 4 (Layer 1)

Day 1 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Sporadic High Intent Throws. Moderate Intent, Moderate Volume. Throw to Increase Distance. Discover your Threshold (where you don't break Mechanics). Include Varied Grips for Pitch Shaping.

Day 2 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Sporadic High Intent Throws. Moderate Intent, Moderate Volume. Throw to Increase Distance. Discover your Threshold (where you don't break Mechanics). Include Varied Grips for Pitch Shaping.

Day 4 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. Targeted Agility & Stretching Routine.

No Discomfort means Layer 2 is next!

OFF Day: Lift / Plyometrics / Agility Work or True No Throwing Day based on Body

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Week 5 (Layer 2)

Day 1 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with More High Intent Throws. High Intent, Moderate Volume. Throw to Increase & Hold Distance (Increase Number of Throws at Max Distance). After Contraction Phase, throw with different Grips for Pitch Shaping.

Day 2 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Sporadic High Intent Throws. High Intent, Low Volume. Progress to Mound Throwing. No More Than 15 Pitches.

Day 4 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold.

OFF Day: Lift. Plyometrics. Agility Work.

Week 6 (Layer 2)

Day 1 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with More High Intent Throws. High Intent, Moderate Volume. Throw to Increase & Hold Distance (Increase Number of Throws at Max Distance). After Contraction Phase, throw with different Grips for Pitch Shaping.

Day 2 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Sporadic High Intent Throws. High Intent, Low Volume. Progress to Mound Throwing. No More Than 20 Pitches.

Day 4 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. ***No Discomfort means Progress to Week 7 in Layer 3.***

OFF Day: Lift / Plyometrics / Agility Work or True No Throwing Day based on Body

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Week 7 (Layer 2.5 / Add A Throwing Day)

Day 1 (Intent Day): Max Effort Day/Longest Distance Possible. Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with More High Intent Throws. High Intent, High Volume. Throw to Increase & Hold Distance (Increase Number of Throws at Max Distance). After Contraction Phase, work on Pulldowns at 70'. Throw with different Grips for Pitch Shaping.

Day 2 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold. Targeted Agility & Stretching Routine.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Toss Day): Low Intent Tossing to sure up Range Of Motion. Football Tosses or Plyocare before Catch Play is good here.

Day 4 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Effortless Intent Throws. Throw as to Prepare For Bullpen. After Contraction Phase, work on Pulldowns at 70'. Toss with different Grips for Pitch Shaping. Heater Bullpen 15 Pitches (all gas).

Day 5 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold.

OFF Day: Lift / Plyometrics / Agility Work or True No Throwing Day based on Body

Week 8 (Layer 3 / Add A Throwing Day)

Day 1 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with More High Intent Throws. High Intent, Moderate Volume. Throw to Increase & Hold Distance (Increase Number of Throws at Max Distance). After Contraction Phase, throw with different Grips for Pitch Shaping.

Day 2 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold.

OFF Day: Lift. Plyometrics. Agility Work.

Day 3 (Toss Day): Low Intent Tossing to sure up Range Of Motion. Football Tosses or Plyocare before Catch Play is good here.

Day 4 (Intent Day): Fast Tempo Bands Regimen (1 Set). Ramping Intent (Increase Effort each Throw within a Set) Plyocare. Catch Play with Effortless Intent Throws. Throw as to Prepare For Bullpen. After Contraction Phase, work on Pulldowns at 70'. Toss with different Grips for Pitch Shaping. Dynamic Bullpen 20-30 Pitches (all Pitches).

Day 5 (Day After/Gauge Day): Slower Tempo Bands Regimen (2 Sets). Range Of Motion Focus during Plyocare. Catch Play to Assess Soreness/Stiffness and Identify Your Threshold. Stop At Your Threshold.

OFF Day: Lift / Plyometrics / Agility Work or True No Throwing Day based on Body

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Going From Layer 3 to Master Layer/Peak Condition

Master Layer/Peak Condition arrives because you've thrown Competitively a few times at a moderate to higher Volume and you feel really good the Very Next Day (Gauge Day) during Catch Play.

Based on your timeline, you would now be closing in on **EVERYDAY TEAM PRACTICE**. Team Practices offer you a chance to throw 5 or 6 Times per Week with a partner.

Choose your Throwing Partner with intelligence. Can he keep up with your Arm Strength? Volume of Throws that you need any given day? Being on a different page with a Throwing Partner is common, so just account for it.

Listen to your arm each day.

Speak Up and Throttle Back with any Discomfort.

Throw Today as if Planning for the Next Day at Practice.

Plan/Know/Identify when you'll next Throw at Max Intent.

Plan/Know/Identify when you'll next Face Batters.

Stay True to Your Customized Regimens (know what works for you).

Use a Gauge Day the very next day after you Face Batters or Max Effort Throw.