



[Free resources](#) / Throwing

FREE 4-WEEK TEMPLATE • PDF INCLUDED

Free 4-Week Throwing & Command Practice Program

Better-organized command practice does not require a different weighted ball for every miss. This four-week template replaces a small portion of existing comfortable catch with a specific target task. It is an adult skill-practice supplement—not an on-ramp after time off or a velocity-testing block.

No email required • Healthy adult pitchers already tolerating regular throwing, with coach approval • By Pitch AI • 2026-09-07

Who this template is for

Use only if the coach approves replacing part of an existing pain-free session. The listed throws count toward that session's total; they are not extra throws. If you have stopped throwing, have arm pain, or are returning from injury, this is not your starting plan.

The useful comparison is the same task under comparable conditions. A coach should choose a comfortable distance and a broad target before the first session, then hold those constant while observing consistency. Do not chase an exact mechanical position after each miss.

Read before starting

This is general education, not an individualized training or rehabilitation plan. Stop exercise or throwing if pain appears. Do not train through pain, numbness, unusual weakness, or worsening symptoms; seek professional assessment. Use qualified supervision, especially for minors. Games and existing team training replace overlapping work—they do not stack on top.

For age-specific pitching limits and rest requirements, consult the [current MLB Pitch Smart guidance](#) and your league's rules. Limits are ceilings, not training targets.

Your weekly framework

The days below are movable placeholders. A qualified coach should fit them around current throwing, other teams, and recovery. This template does not prescribe additional pitching counts or maximum-intent throwing.

Day / window	Plan
Session A	Within one existing catch day, replace 12 comfortable throws with the target task.
Session B	On another coach-approved day, repeat only if recovered and the normal schedule allows.
Other days	Follow the existing throwing and rest schedule; this template adds no sessions.
Game week	Games or bullpens take priority. Omit a task session rather than making it up later.

Session details

Before each session: 5–8 minutes of comfortable walking or jogging, marching, bodyweight squats, and easy rehearsal of the first exercise. Use a clear surface and equipment that fits the athlete.

Strength sets should finish with about 3 good repetitions still possible. Rest 60–120 seconds between ordinary sets and 2–3 minutes between explosive efforts. Stop earlier if speed, balance, or technique deteriorates. No lifting to failure or maximum-effort testing is required.

A • One broad target

Exercise / task	Dose / question	How to use it
Normal coach-directed warm-up	Already part of the existing session	Do not start the target task cold.
Comfortable target throws with a regular baseball	3 groups of 4 throws; 12 total	Use normal catch effort at the coach-selected distance. Record target hits and broad miss direction.
Between groups	About 60 seconds, or longer if needed	Talk through one simple observation, then reset.

B • Repeat and compare

Exercise / task	Dose / question	How to use it
Same warm-up and target setup	As approved by the coach	Match ball, distance, and effort rather than making the task harder.
Comfortable target throws	3 groups of 4; 12 total	Compare consistency, not one best throw.
End-of-session note	1 short entry	Record target, setup, fatigue, and any symptoms; do not diagnose the cause of misses.

Practice focus

This dose is an original practical example, not a clinically validated command intervention. Stop if the arm hurts, the motion changes with fatigue, or comfortable effort no longer feels comfortable. The coach can shorten or remove the task at any point. No weighted-ball, maximum-distance, or maximum-intent progression is included.

Week-by-week progression

Week	Decision
1	Choose one broad target. Establish a baseline without changing the task after every miss.
2	Repeat the same 12-throw task; check whether the setup was actually comparable.
3	Only if comfortable and coach-approved, alternate two broad targets within the same 12 throws. Otherwise repeat week 2.
4	Return to the original target and compare with week 1. Keep volume and effort unchanged.

The weeks are decision points, not deadlines. Repeat or reduce a week when recovery is poor. Exact doses here are original coaching examples, not a research-proven route to a certain velocity.

Keep a simple log

Date	Work completed	Response / next-day notes
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do not enter private medical details in shared team copies. Keep your personal log securely.

Common questions

Can I add this after a bullpen?

Do not add it to the end of an already complete throwing workload. It replaces an approved portion of existing catch or is omitted.

Does hitting the target prove my mechanics are safe?

No. Accuracy does not diagnose joint loading or injury risk. Use video observations and qualified coaching in context.

Evidence & source notes

These sources inform the principles, not a guarantee that this exact template produces an outcome. Coaching manuals are labeled separately from research. No proprietary program tables or illustrations have been reproduced.

1. Driveline Baseball, Hacking the Kinetic Chain: Advanced Pitching

Supplied edition, mechanics and training-economy discussion within PDF pages 2–58. Coaching context, not proof that a particular drill prevents injury.

2. [ASMI: Position Statement for Adolescent Baseball Pitchers](#)

Fatigue and throwing workload require active management.

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