

DRIVELINE
----- baseball

I N T R O T O
ARM CARE
A N D TRAINING
F O R Y O U T H A T H L E T E S



**INTRO TO
ARM CARE AND TRAINING
FOR YOUTH ATHLETES**

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Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

I N T R O T O
ARM CARE
*A
N
D* **TRAINING**

FOR YOUTH ATHLETES

Youth Training eBook

DRIVELINE
----- *baseball*

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BOOK INFORMATION AND DISCLAIMERS

The book should be undertaken only by athletes who are medically cleared to throw.

Consult a physician before starting any new workout regimen. This information is presented as a template only and not a specific recommendation for any individual athlete.

All athletes should seek medical advice before beginning this workout program. Since all intended athletes using this program are under the age of 18, seek parental or guardian consent before starting this program.

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If you paid a single dollar for this, please get a refund—and tell us (support@drivelinebaseball.com ) where you purchased it.

THE ROLE OF THIS EBOOK—A SIMPLE WARM-UP AND RECOVERY ROUTINE

“ *This is designed to give a youth athlete the proper warm-up and recovery drills to help them succeed throughout the entirety of their careers.* ”

WHEN TO START

This eBook can be started anytime of the year. It is a foundational warm-up and cool-down. You should refrain from using any additional “throwing programs” during this time beyond what is expected of athletes at practice: fielding work, bullpens, and catch play.


First and foremost, this is designed to give a youth athlete the proper warm-up and recovery drills to help them succeed throughout the entirety of their careers.

Additionally, we introduce our philosophy on training youth baseball pitchers. We will provide a simple workout that is meant to instill exercises and routines that our older athletes wish they had at a younger age. It is quite common we hear some form of “I wish I knew this when I was younger” from our pro or college athletes.

Our hope is to reduce the amount of injury and regret in baseball.

THIS IS NOT A VELOCITY DEVELOPMENT PROGRAM.

This is an everyday arm care routine we wish every parent or coach had at their disposal.

We do have a more complete training guide for youth pitchers that integrates strength and pitching routines for in-season and off-season, [Hacking the Kinetic Chain—Youth](#) .

DRIVELINE'S SIMPLE FRAMEWORK FOR DEVELOPING YOUTH PITCHERS

“ *Throw the ball hard where you want to more often than not.* ”

In our eyes, over-complicating what success means in youth sports has de-emphasized the difficulty of both achieving athletic success as an athlete and the difficulty of teaching the movements as a coach. Young pitchers are pressured to throw hard, on the black, for lots of in-

nings, with perfect mechanics. These are not realistic goals and neglect the role of development in an athlete's career.

The good news is that for a pitcher under 15, achieving success is not complicated. You can get outs with one focus: *throw the ball hard where you want to more often than not.*

Youth hitters, as a whole, tend to have bad mechanics and approaches. They

will get themselves out most of the time, if the pitch is in the strike zone. This is the central lesson for youth pitchers.

Imposing the expectations (performance or mechanical) on a young athlete not only demotivates the athlete but fundamentally neglects the athletic development *of that professional.*

When we work with young pitchers, our focus is on 3 main things.

DRIVELINE'S JOB IN DEVELOPING YOUTH PITCHERS:

- 1 Teach Consistent Warm-up and Recovery Habits
- 2 Teach Good Throwing Technique
- 3 Facilitate a Love of Baseball

1 Teach Consistent Warm-up and Recovery Habits

Learning a simple, good-enough warm-up and recovery program is a habit that compounds significantly over an athlete's career. By simply learning to prepare for competition, the athlete has a lower risk of injury than an unprepared athlete. A warmed-up athlete is going to perform better as well.

Unlike older athletes, younger athletes have a lot of natural joint laxity and can “get loose” much quicker. However, this does not excuse an all-too-common practice in youth baseball, where players show up to the game, throw a few, and go pitch.

Just because athletes can get away with that does not mean that they should. There are safety and performance benefits to a quick, structured warm-up and recovery. The educational component of the warm-up, learning “Do this before competing,” also pays dividends.

2 Teach Good Throwing Technique

Learning a plan early on gives youth athletes a set of habits that will steer them well throughout their entire careers. It will also minimize the “I-wish-I-did-more” regret that can creep in later on in an athlete's life.

You can throw a ball without pitching it, but you cannot pitch a ball without throwing it. Throwing is the foundation upon which a long pitching career is built. Having a healthy and stable throwing movement is an asset that grows over time as a youth athlete's body learns to produce and accept force each year.

The PlyoCare and wrist weight exercises in this warm-up use variable weights at moderate effort to ingrain a more efficient throwing motion into young athletes.

Training time is limited for all athletes. Youth athletes especially appear to have a long window for development; however, their opportunity to develop neurological recruitment pathways needed to throw hard and swing hard later in life is never greater.

3 Facilitate a Love of Baseball

Sacrificing training time during a young athlete's early years to focus on skill-dominant outcomes (like throwing strikes) detracts from training time that can be spent on developing the rotational sequencing needed to throw well.

Kids have more ways than ever to choose how to spend their time. Baseball becomes increasingly harder at each level. Athletes without a strong love of the game run the risk of completely abandoning it in favor of something else.

The easiest way to wash out of this game is to stop liking it. With the love gone, baseball is just two hours of standing in a field.

A GOOD WARM-UP AND RECOVERY



If the warm-up is not done properly, the rest of the practice, workout, or game will suffer. That's the reason our college and pro athletes spend 30+ minutes warming up.

We also believe in the benefits of self-myofascial release. A foam roller is great for body parts with large surface areas—legs or upper back, for example. Hard to reach places are best attacked with a lacrosse ball or baseball.

COMPONENTS OF A GOOD WARM-UP:

- 1** Promote good blood flow and raise core temperature of the athlete.
- 2** Mobilize areas of the body where the end range of movement will be taxed.
- 3** Help to stabilize areas of the body from where athletes will push off or experience rapid changes of direction.
- 4** Be fast, simple, and easy to repeat.
- 5** Have no wasted movements for the sake of activity.
- 6** No use of static stretching when it is not needed.

EQUIPMENT NEEDED FOR THE PROGRAM



- 1 [Driveline PlyoCare Balls-Youth](#) [↗](#)
[1000g, 450g, 225g, 150g, 100g]



- 3 [Jaeger Bands-Youth](#) [↗](#)



- 2 [Wrist Weights](#) [↗](#)
[pair of 2.5kg each]



- 4 [Lacrosse Ball](#)



- 5 [Bucket of Regular Baseballs](#)
[5 oz]



Get our [Youth Starter Kit](#) [↗](#) with all the required equipment (minus the baseballs) and you get a discount for buying the kit.

DRILL OVERVIEW AND VIDEO SERIES



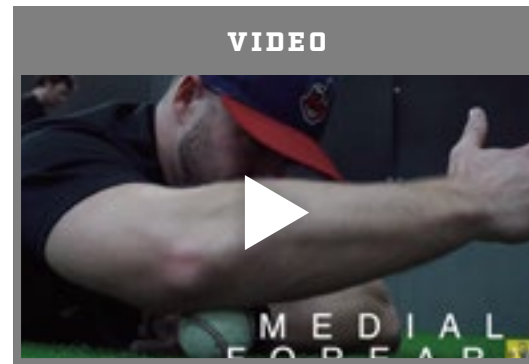
LACROSSE BALL ROLLOUT



Place a baseball in the target area and apply light to heavy pressure. Move your body so that the baseball rolls along the entire length of the specific muscle.

DOING IT WELL

2-3 passes per body part (if done daily).
If a specific area is sore, spend more time rolling that specific area.





BAND BICEP CURLS

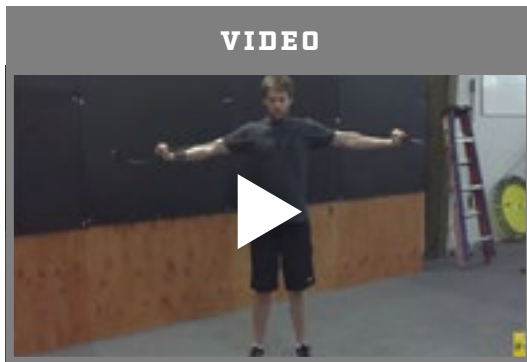
- Bicep Curls are done with the arms up at shoulder height with the band anchored to a fence or a wall. With the elbow in full extension and facing the wall/fence, flex the elbow and curl the bands towards the face. Return the bands to the resting position in a controlled manner.

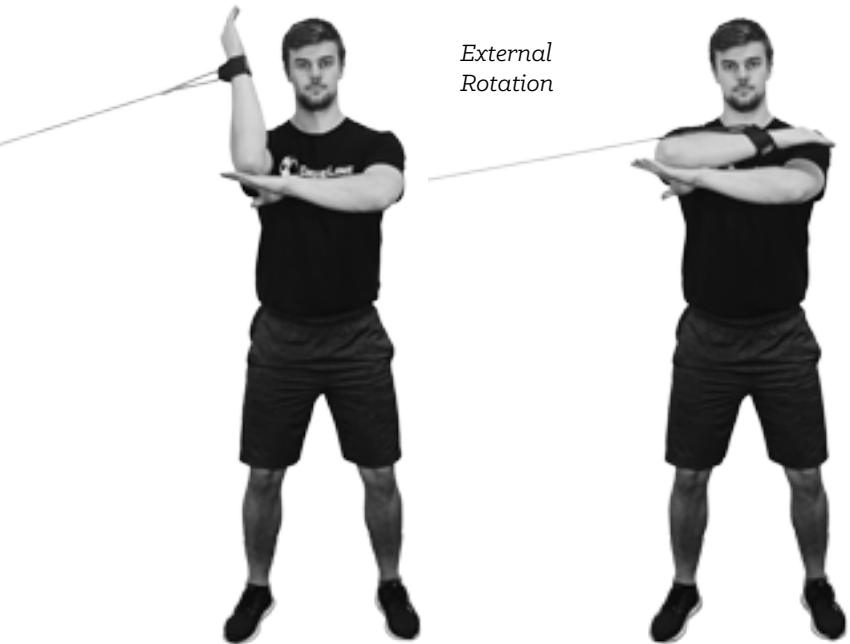
VIDEO



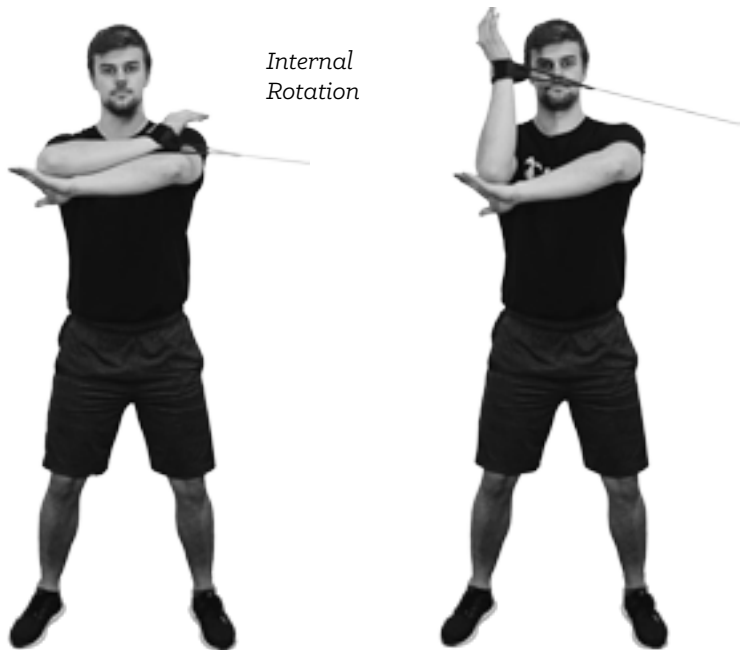
BAND PULLAPARTS

- Using a J-Band, either both strands or one depending on the athlete's strength levels or desired resistance, pull the band apart with straight arms. Exercises are behind the head (elbows can flex for this), two diagonals and straight across the chest.





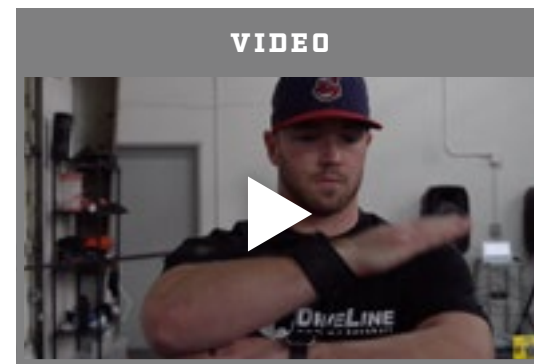
*External
Rotation*



*Internal
Rotation*

JAEGER BAND EXTERNAL/INTERNAL ROTATION

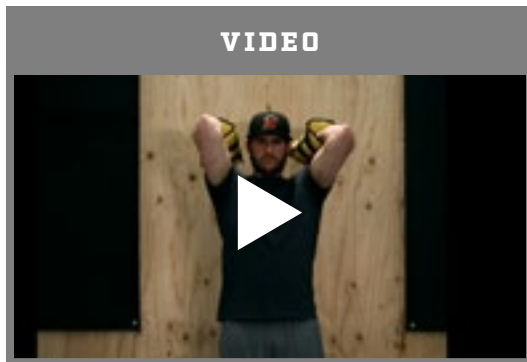
- ▶ External Rotations are done with the elbows up at shoulder height with the band anchored to a fence or a wall. Externally rotate the arm to 90 degrees and return it to the resting position in a controlled manner.
- ▶ Internal Rotations are done with the elbows up at shoulder height with the band anchored to a fence or a wall. Internally rotate the arm to 90 degrees and return it to the resting position in a controlled manner.



WRIST WEIGHT SERIES

Light dumbbells have been used in shoulder strengthening for decades. Wrist weights do a better job for a couple of reasons: first, they generate a physiological response and, second, they teach the body to move more efficiently through the throwing range of motion.

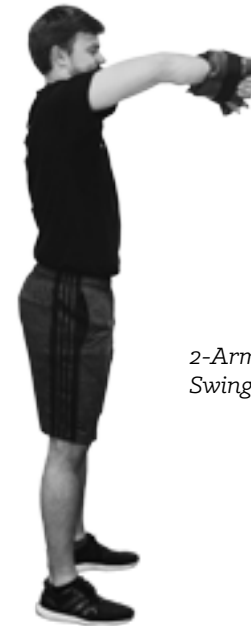
- These drills “throw” the weight in a ballistic fashion with the weight held loosely in the fingertips (not gripped tightly).
- To start, each of the drills should be done at 70% effort working on arm path. As the weeks pass, work up the effort level while maintaining good technique.



Pronation Swings



2-Arm Swings



Pivot Picks



Cuban Presses

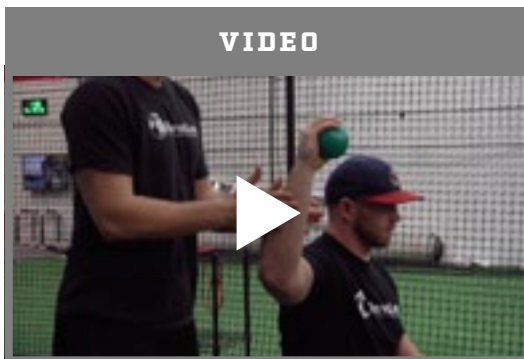




SHOULDER PERTURBATIONS

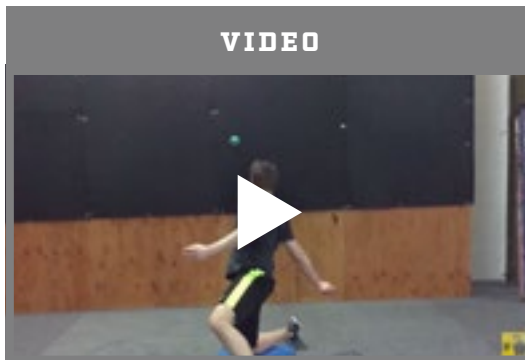
Rhythmic stabilization and oscillation therapy have long been staples of the physical therapy world for rehabilitation purposes. By training the contractile tissues of the shoulder-scapula complex directly and indirectly working the joint and surrounding soft tissues, the entire area must respond to rapid positional changes.

- ▶ To perform shoulder perturbations, have an athlete kneel with landing foot extended and throwing arm up. A partner gives small nudges to the throwing arm and the athlete tries to maintain stability in his arm.
- ▶ For additional motor-control challenges, the athlete can position his arm in different throwing positions (ball release, high cock) or hold a ball of different weights in those positions and repeat.
- ▶ Additionally, a series of tools (Body Blade™, Oates Specialties Shoulder Tube™, Fitryo Total Bar™) have been created to create a more challenging, throwing-specific rhythmic stabilization environment. Videos on how to use those more advanced tools are in the online companion.



REVERSE THROWS

- ▶ This drill trains the posterior shoulder to be able to accept the force produced by higher velocities. As well as some thoracic spine mobility work.
- ▶ The athlete kneels onto throwing side knee and starts with torso stacked, create some momentum forward and drive shoulder and elbow back through the natural arm slot.



DOING IT WELL

Ball should hit the wall at head height, directly behind the athlete.





PIVOT PICKOFF THROWS

- ▶ This drill improves forward rotation in the delivery, medial forearm strength and pronation speed/timing.
- ▶ Start with throwing side perpendicular to target, counter rotate so torso now faces the target and hang throwing hand back in supinated position. Before throwing, fold glove arm down and then drive the wrist over the elbow.

VIDEO



DOING IT WELL

Ball hits the wall at head height.

ROLL-IN THROWS

- ▶ Stand facing the target with ball in throwing hand at waist level, take a walking step with throwing side leg and drive powerfully into foot strike—be sure to minimize hip rotation and keep toes pointed to target as walking steps are taken.
- ▶ Drive throwing arm directly back into scapular retraction, no arm swing.
- ▶ As soon as stride foot contact is made, fold glove arm down and deliver ball to target.
- ▶ Rotate around a braced (not flexed) front leg.



DOING IT WELL

Lead leg braces. Ball hits the wall at head height.





ROCKER THROWS

- ▶ Start this drill with feet near stride length and front foot slightly closed off from target. Create momentum by rocking forward and then back, and then throw ball toward target—finish by bring back leg through.
- ▶ Be sure to rotate around a braced (not flexed) front leg.

VIDEO



DOING IT WELL

Lead leg braces. Shoulder rotates forward.
All balls hit the wall at eye level.

WALKING WINDUPS

- ▶ Facing your target with ball in your throwing hand, take a step forward and rotate your foot as if to use the rubber to throw off a mound. Bring your leg up, stride out and throw the ball.
- ▶ Generate momentum toward the target, try not to pause at balance point.



DOING IT WELL

Good momentum through leg lift. Lead leg braces. Shoulder rotates forward. All balls hit the wall at eye level.





JAEGER SPORTS LONG TOSS ROUTINE

Long toss for youth athletes can be executed rather simply. Begin by throwing the baseball on an arc at less than 80% effort. Gradually back up until you have reached your max distance for that day.

Coming back in, practice throwing the ball on a line to your partner.

There is no set number of throws for this portion of the program. Base the throwing on how the athlete feels that day and his workload from days before.

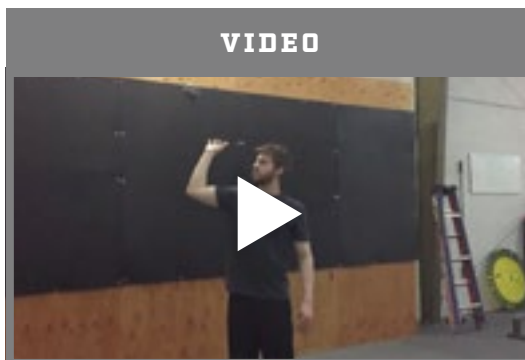
UPWARD TOSSES

Upward Tosses are performed standing. With a PlyoCare ball in the throwing hand, throw the ball directly upwards and slightly in front of the athlete.

The goal of the exercise is a catch of the ball, stabilizing it as it falls towards the ground. Letting the ball pull the hand towards the ground is good because it forces the shoulder to dynamically stabilize a load.

Upward Tosses work on dynamic external rotation strength and eccentric internal rotation strength. Both the toss and the catch benefit the athlete.

Some athletes misunderstand the goal of this drill as a catch of the ball with the arm extended up, a kind of rebounder in reverse. Executing Upward Tosses in this manner robs the athlete of the eccentric stabilization part of the drill.



HOW TO INTEGRATE THE WORKOUT INTO PRACTICE

“ The workout we layout can be used before practice during the season or on its own during the off-season.

The workout we layout can be used before practice during the season or on its own during the off-season.

Here are our recommendations for getting the most out of this warm-up and recovery program.

- ▶ During the season, execute this warm-up before practice and games. Use off days to rest. If you are practicing or playing more than 4 times per week, cap the throwing workouts at 4 times per week but still perform the warm-up and recovery.
- ▶ If you are not playing games, maintain a consistent workout schedule. Do this warm-up and recovery 3 times per week with a day of rest between each workout. Something like Mon/Wed/Fri would be the most ideal.
- ▶ Monitor arm fitness/soreness. If athletes are experiencing arm fatigue, take a day off to manage the soreness. If arm pain is acute, consult a medical professional.
- ▶ **Take time away from baseball and throwing. Play 3-4 months of another sport or focus on school.**
- ▶ **Build athleticism in sports away from the diamond or execute a bodyweight or low-intensity lifting program to get stronger for next year.**

YOUTH ATHLETE WORKOUT

1. WARM UP

HOW OFTEN: *Every time you throw*

LACROSSE BALL ROLLOUT

20 seconds per exercise

WRIST WEIGHT SERIES

10 reps per exercise

SHOULDER PERTURBATIONS

10 perturbations

JAEGER-BAND SERIES

10 reps per exercise

2. THROWING PROGRAM

HOW OFTEN: *No more than 3–4 times per week*

PLYOCARE REVERSE THROWS

1 set of 5 (1kg Green)

1 set of 5 (450g Blue)

PLYOCARE PIVOT PICKOFFS

1 set of 10 (450g Blue)

PLYOCARE ROLL-INS

1 set of 5 (450g Blue)

1 set of 5 (225g Red)

PLYOCARE ROCKERS

1 set of 2 (225g Red)

1 set of 2 (150g Yellow)

1 set of 1 (100g Gray)

PLYOCARE WALKING WIND-UPS

1 set of 2 (225g Red)

1 set of 2 (150g Yellow)

1 set of 1 (100g Gray)

LIGHT LONG TOSS

3. RECOVERY

HOW OFTEN: *Every time you throw*

PLYOCARE UPWARD TOSSES

2 sets of 10 (1kg Green)

2 sets of 10 (450g Blue)

BAND PULLAPARTS

2 sets of 10

WRIST WEIGHT PRONATION SWINGS

5 reps

LACROSSE BALL ROLLOUT

10 seconds per pass, per body part

TEAM PRACTICE

After executing the throwing program for that day, you can do team practice as scheduled. Recovery should be done following practice and will take no more than 15 minutes if you have enough equipment.

FOR BULLPENS

When throwing bullpens during team practice, execute the Throwing Program as described minus Rockers and Walking Windups. Warm-up and Recovery are the same.


BEYOND THIS BOOK: INTEGRATING STRENGTH AND THROWING

“ *Think of it as another tool in the toolbelt.* ”

Because the job for youth pitchers is simple, *Throw the ball hard where you want to more often than not*, the program for those pitchers to grow and progress has much to do with simple maintenance on an already growing body.

Teaching them good recovery habits, the importance of being physically strong,


and throwing efficiently will pay big dividends. But that is simple to do—it just requires execution year-in and year-out.


Our more advanced program, [Hacking the Kinetic Chain-Youth](#) , is designed to progress an athlete into physical maturity and comes with a huge video library along with specific, year-round integrated strength and pitching plans. And it has structured rest times.

Think of it as another tool in the toolbelt.

THANK YOU

Thank you for downloading and reading this program.

We also have a [Pitching Research](#)  page with a lot of great resources.

Feel free to email support@drivelinebaseball.com  with questions. We are staffed from 10am-5pm Pacific and turn around 99.5% of requests within a day.

A close-up photograph of a baseball resting on a green grassy field. The baseball is the central focus, with the words "DRIVELINE" and "baseball" printed on its surface. The background is a blurred green field under a clear blue sky.

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