

Pitch Count Schedule

DAYS AFTER		Less Than 50	50 - 75	75 - 100	More Than 100
DAY 1	Conditioning	1. Agilities 2. Bands 3. Med Balls 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Light Strength 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Light Strength 4. Aerobic/Anaerobic
	Mechanics	1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills	1. Towels	1. Towels
	Throw	1. Game Review 2. Long-toss 3. Light Pen	1. Long-toss 2. Game Review	1. Long-toss 2. Game Review	1. Long-toss 2. Game Review
DAY 2	Conditioning	1. Agilities 2. Bands 3. Med Balls 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic
	Mechanics	1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills
	Throw	1. Game Plan 2. 50/50 Pen 3. Return To Rotation	1. Light Pen	1. Light Pen	No Pen Work
DAY 3	Conditioning		1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic
	Mechanics		1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills
	Throw		1. Game Plan 2. 50/50 Pen 3. Return To Rotation	1. Full Pen	1. Full Pen
DAY 4	Conditioning			1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic	1. Agilities 2. Bands 3. Med Balls (opt) 4. Aerobic/Anaerobic
	Mechanics			1. Towels 2. Throwing Drills	1. Towels 2. Throwing Drills
	Throw			1. Game Plan 2. 50/50 Pen 3. Return To Rotation	1. Light Pen