

6- WEEK Georgia Highlands Baseball
Off-Season Throwing Program



Week 1 – July 21st – July 25th (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws

75 ft -- 10 throws

90 ft + (optional 5 additional minutes of throwing and/or increase distance if the arm "asks" for it)

75 ft -- 10 throws

60 ft -- 10 throws (and any additional throws if needed)

Week 2 – July 28th – August 1st (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws

75 ft -- 10 throws

90 ft -- 5 throws

105 ft -- 5 throws

120 ft -- 5 throws

120 ft + (optional 5 additional minutes of throwing at same distance or increase distance if the arm "asks" for it)

105 ft -- 3 throws

90 ft -- 3 throws

75 ft -- 3 throws

60 ft -- 5 throws (and any additional throws if needed)

Week 3 -- August 4th – August 8th (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws

75 ft -- 10 throws

90 ft -- 5 throws

105 ft -- 5 throws

120 ft -- 5 throws

135 ft -- 2 throws

150 ft -- 2 throws

150 ft + (optional 5 additional minutes of throwing at same distance or increase distance if the arm "asks" for it)

140 ft -- 1 throws

130 ft -- 1 throws

120 ft -- 1 throw

110 ft -- 1 throw

100 ft -- 1 throw

90 ft -- 1 throw

80 ft -- 1 throw

70 ft -- 1 throw

60 ft -- 5 throws (or any additional throws if needed)

*** Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

6- WEEK Georgia Highlands Baseball
Off-Season Throwing Program



1st day of Fall Ball, August 10th

Week 4 – August 11th – 15th (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws

75 ft -- 10 throws

90 ft -- 5 throws

105 ft -- 5 throws

120 ft -- 3 throws

135 ft -- 3 throws

150 ft -- 3 throws

165 ft -- 3 throws

180 ft -- 3 throws

195 ft -- 3 throws

195 ft + (optional -- 5-10 minutes of additional throwing at same distance or increase distance if the arm "asks" for it)

180 ft -- 1 throws

170 ft -- 1 throws

160 ft -- 1 throw

150 ft -- 1 throw

140 ft -- 1 throw

130 ft -- 1 throw

120 ft -- 1 throw

110 ft -- 1 throw

100 ft -- 1 throw

90 ft -- 1 throw

80 ft -- 1 throw

70 ft -- 1 throw

60 ft -- 5 throws (or more if needed)

*** Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

6- WEEK Georgia Highlands Baseball
Off-Season Throwing Program



Week 5 – August 18th – August 22nd (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws

75 ft -- 10 throws

90 ft -- 5 throws

105 ft -- 3 throws

120 ft -- 3 throws

135 ft -- 3 throws

150 ft -- 3 throws

165 ft -- 3 throws

180 ft -- 3 throws

195 ft -- 3 throws

210 ft -- 3 throws

225 ft -- 3 throws

225 ft + -- (optional -- 5-10 minutes of additional throwing at same distance or increase distance if the arm "asks" for it)

210 ft -- 1 throw

200 ft -- 1 throw

190 ft -- 1 throw

180 ft -- 1 throw

170 ft -- 1 throw

160 ft -- 1 throw

150 ft -- 1 throw

140 ft -- 1 throw

130 ft -- 1 throw

120 ft -- 1 throw

110 ft -- 1 throw

100 ft -- 1 throw

90 ft -- 1 throw

80 ft -- 1 throw

70 ft -- 1 throw

60 ft -- 5 throws (or more if needed)

*** Flat Ground Work Tuesday/Friday -- (15 Change-Ups, 10 Light Breaking Balls)

6- WEEK Georgia Highlands Baseball
Off-Season Throwing Program



Week 6 – August 25th – August 29th (Monday, Tuesday, Thursday, Friday)

40-60 ft -- 15 throws

75 ft -- 10 throws

90 ft -- 5 throws

105 ft -- 3 throws

120 ft -- 3 throws

135 ft -- 3 throws

150 ft -- 3 throws

165 ft -- 3 throws

180 ft -- 3 throws

195 ft -- 3 throws

210 ft -- 3 throws

225 ft -- 3 throws

240 ft -- 3 throws

240 + (optional -- 5-10 minutes of additional throwing at same distance or increase distance if the arm "asks" for it)

230 ft -- 1 throws

220 ft -- 1 throws

210 ft -- 1 throw

200 ft -- 1 throw

190 ft -- 1 throw

180 ft -- 1 throw

170 ft -- 1 throw

160 ft -- 1 throw

150 ft -- 1 throw

140 ft -- 1 throw

130 ft -- 1 throw

120 ft -- 1 throw

110 ft -- 1 throw

100 ft -- 1 throw

90 ft -- 1 throw

80 ft -- 1 throw

70 ft -- 1 throw

60 ft -- 5 throws (or more if needed)

*** Flat Ground Work Tuesday/Friday -- (15 Change-Ups, 10 Light Breaking Balls)