



Trinity Baseball Pitching

Development / Arm Care / Mental Toughness / Trust the Process



Program Info

Last 6 Years:

228-20 overall record

4x Region Champs

2x State Champs

9 MLB Draft Picks

74 College Commits since 2015 (more to come!)



2025



Kentucky High School State Champions

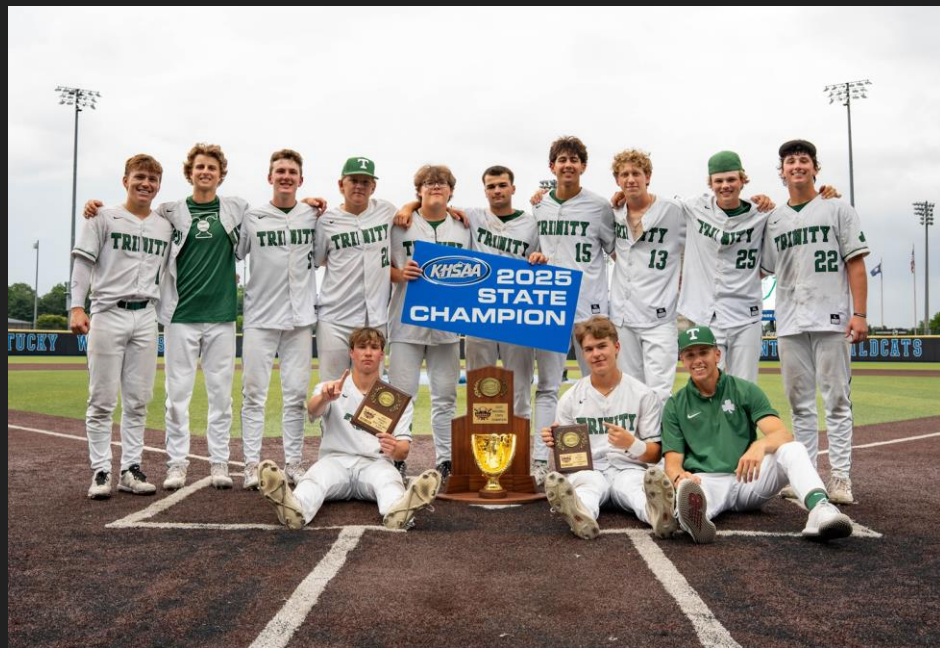
38-3 Record

15 Shutouts

7 No Hitters

2 or less runs allowed in 37 of 41 games

1.176 Team ERA





Reasons for success

Players

Player Development

Buy In / Mindset

Focusing on what matters - not chasing numbers or social media hype

Communication

Our Philosophy



Simple - How do we get 21 outs?

1 Pitch - 1 Out - 1 Inning at a Time

We chart our formula goals each game

- Goals met almost always = W

Trinity Pitching Formula 2025

Goals

- | | |
|------------------------|------|
| 1. First 3 | 70% |
| 2. Less than 3 | 30% |
| 3. Run prevention outs | 75% |
| 4. Quality 0-2 / 1-2 | 75% |
| 5. 2-2 Action | 80% |
| 6. Strike Percentage | 65% |
| 7. Confident | 100% |

Keys

- 1. Focus / Energy**
- 2. Control the Running Game**
 - A. Move
 - B. Time to plate
 - C. Looks
- 3. Conditioning**
 - A. Arm / Body
 - B. Mind
- 4. Master of Reaction / Controllables**
 - A. Tough
 - B. Love the Moment
- 5. Starter 3+
Reliever 2+**
- 6. Tempo**

Musts

1. Pitch inside
2. Pitch backwards
3. Field Position
4. FB Command
5. Confidence / Hunger



Our Process

Offseason

- Fall on field work
- Lifting / Pitcher specific conditioning
- Trout Challenge / Team Building
- Pitchers Work - medball, arm care, resistance sprints, core velocity belt
- Throwing Build Up

In Season

- Goal Setting
- Post outing logs
- Regular Staff meetings / goal check-ins



Build Up

Goals of Throwing Program

- Gradual building of arm strength
- Have a plan and focus every single day
- End goal - at our best when it matters most in late May/June

Focused on Intensity

Low	Medium	High
<ul style="list-style-type: none">- 50-60%- Recovery based throwing	<ul style="list-style-type: none">- 70-80%- Mechanical focus- Grip work days	<ul style="list-style-type: none">- 90-100%- Long toss or bullpen / live outing

Year Round Throwing Schedule



September 1 - October 31

- Modified build up for players who deload in August
- Fall baseball on field work

Nov 1 - Mid December

- Shut down from throwing
- 6 week shut down, focus shifts to weight room

Mid December

- Throwing program begins
- 6 week build up before even touching mound
- Grip work on medium days

End of January

- Bullpens start
- Typically 4-6 bullpens before live

Throwing Schedule cont..



February - Tryouts/Preseason

- 1 bullpen, 1 live outing per week
- Scripted bullpens, Strike % Competitions
- Live outing pitch count increases 10-15 pitches each week
- Stretched out guys built up to 70-80 pitches by game 1 (we usually limit guys under this and split games early)

March - June

- SHOVE!!
- The mound is your office, touch it regularly! (can do something everyday if intensity is monitored)
- Bullpens usually shift to touch/feel bullpens in season to manage workload
- Try to stay on low / med /high routine

8	9	10	11	12	13	14
	75 ft 20 throws Low 50-60%		75 ft 20 throws Low 50-60%		90 ft 10 throws Low 50-60%	
15	16	17	18	19	20	21
	90 ft 10 throws Low 50-60%	75 ft 15 throws Low 50-60%		120 ft 5 throws Low 60-70%	75 ft 10 throws Low 50-60%	
22	23	24	25	26	27	28
Grip Work on Medium Week 3 - Start Grip	75 ft 10 throws Low 50-60%	150 ft 5 throws Medium 70-80% Christmas Eve	Christmas Day	150 ft up to 10 throw Medium 70-80%	75 ft 10 throws Low 50-60%	
29	30	31	Jan 1	2	3	4
	180-200 ft 5 throws Medium 70-80%	75 ft 10 throws Low 50-60% New Year's Eve	180-200 ft 5 throws Medium 70-80% New Year's Day		225-250 ft 5 throws Medium 70-80%	75 ft 10 throws Low 50-60%

5	6	7	8	9	10	11
Dry reps, Plyo, CVB, Mound Work Empha	250-275 ft 5 throws Medium 80-90%	75 ft 10 throws Low 50-60%	180-200 ft 5 throws Medium 80-90%		275-300 ft 5 throws High 90-100%	75 ft 10 throws Low 50-60%
12	13	14	15	16	17	18
	150 ft 5 throws Medium 70-80%	275-300 ft 5 throws High 90-100%	75 ft 10 throws Low 50-60%	120-150ft 5 throws Medium 70-80%	275-300 ft 5 throws High 90-100%	75 ft 10 throws Low 50-60%
19	20	21	22	23	24	25
Bullpens Start	Low 50-60%	Medium 75%	Bulpen #1 - 20 pitch High 85-90%	Low 50-60%	Medium 70-80%	Bulpen #2 - 25 pitch High 90-100%
26	27	28	29	30	31	Feb 1
	Low 50-60%	Medium 75%	30 pitches- 2 inn 15 Bulpen #3 - High 8E	Low 50-60%	Medium 70-80%	30 pitches- 2 inn 15 Bulpen #4 - High 9C

	MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT Feb 1
	Low 50-60%	Medium 75%	30 pitches- 2 inn 15 Bullpen #3 - High 85	Low 50-60%	Medium 70-80%	30 pitches- 2 inn 15 Bullpen #4 - High 90
2						
			Live 1 inn 15-20 pitc			
9						
	Tryouts	Tryouts				
						Live 2 inn 30-40 pitc
16						
			Bullpen 2 inn 15 pitc			Live 3 inn 45-55 pitc
23						
			Bullpen 2 inn 15 pitc			
						Mar 1
						Green/White Scrim Live 60-70 pitches

Armcare is everything we do!

- How we eat, sleep, recover, pre throw, post throw, mobility etc.
- Everything matters!!!



Core Velo Belt Staples



Core Velocity Belt

1. One Knee Down Activation

Purpose - be able to separate lower & upper

Directions

- attach to back hip / both hips
- face away from fence, attach to fence
- RHP - right knee down left leg out
- LHP - left knee down right leg out
- Upper half tall, Down - Up - Pelvis



2. Hinge progression

Purpose - glute not quad

Directions

- Connected to back hip, facing fence

Progression 1 - leg lift iso hold (feel posterior shift)

Progression 2 - lift into foot strike (ride slope through glute)

Progression 3 - foot strike with medball (let hips rotate while shoulders hold back)



3. Banded Step Backs

Purpose - controlling the middle, feeds flow of early rotation

Directions

- Resistance towards target, slightly glove side
- Connect to back hip
- Good weight shift, resist tension and hold hinge during stride
- Release pelvis downhill just before landing



4. Turn - N - Burn

Purpose - offspeed development, increase speed, rotation, intent of lower half (which shapes the speed and spin of the pitch)

Directions

- Attach to front hip, back towards home plate, resistance towards home plate
- Offspeed grip
- RHP - right foot - left foot - throw
- LHP - left foot - right foot - throw





Daily Activation Routine

Static

1. Hip 90-90 x20s each
2. 90-90 switches x5 each
3. Bretzel x10s each
4. Cat / Camel x5
5. Toe Grab Sumo Squat to Hamstring x5
6. Toe Grab Sumo T Spine Rotation x5 each
7. Adductor Rocks w/Thread Needle x10 each
8. Bear Position w/Rotation x10 each

Team Dynamic

- Hips / Dynamic
- Hurdles / Ladder

Pre Throw

- J Band Series

Plyo Series (optional)

- Flip ups x10
- IYTW Drops x10 each
- Reverse Throw x10
- Rocker x8



Post Throw Arm Care

1. No Money 2x10
2. Split Stance 90/90 ER/IR Holds 2x15s each
3. Backward Wall Slide 2x5
4. Scap Pushup 2x10
5. Weighted Ball Flip Up 2x20
6. Prone Shoulder CAR's 2x10
7. SA DB Pronation / Supination 2x10 each
8. Wrist Curls 2x10



Day After Outing Recovery

1. Foam Roll / Lax Ball
 - Feet / Calves
 - Hamstring / Quads
 - Lat / Rotator Cuff / Trap
 - Forearm / Bi / Tri
 - T Spine - lay on back fully extend arms x1min
2. Stretch
 - Side Lying Rotations x10 each
 - Child Pose Lat Stretch x15s each
 - 90-90 Leans x5 each
 - 90-90 Foot Lifts x5 each
 - 90-90 Switches x5 each
 - Pec Stretch / Lax Ball Manual
 - Upper Trap Stretch x30s each
 - Cervical Tilt x5 each
3. Reset / Stability
 - Miniband Wall Clock x5 each
 - Miniband FWD Wall Slide x10
 - Waiter Carry x10 yard
 - J Band OH Tricep x20





Summary

- Everything Starts with MENTAL FOCUS and MINDSET. Pitchers buying into the plan is the coaches job and the key to success.
- Do what Counts, Don't focus on counting the numbers.
- The ultimate goal each game is to get 21 outs. 1 pitch, 1 out, 1 inning at a time.
- The off season is just as important as "in season".
- Develop an effective Build Up or "on boarding" plan. A safe and effective throwing plan for the time of year is critical to a pitchers physical health and the key to being ready for competitive pitching.
 - Implement low intensity days, medium intensity days and high intensity days.
- Arm Care is much more than just throwing.
 - Mandate a daily routine and a pre throwing plan
 - Have a post throwing or recovery arm care routine
 - Implement a day after or recovery work plan
- Train them to compete at the highest level every day.
- CONFIDENCE - CONVICTION - COMMAND = WINNING