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The Workhorse Pitching Program

with
Adam Jahnsen

Monday-Thursday 6:00 p.m.- 9:00 p.m.

Friday 5:00 p.m. – 8:00 p.m.

Saturday 10:00 a.m. - 2:00 p.m.

The Workhorse Pitching Program is dedicated to creating the Complete Pitcher through hard work, effort and accountability. Pitchers will focus on individualized mechanics, velocity training, arm care training, proper warmup and recovery protocols, command training, developing off-speed pitches and the mental side of pitching.

Individualized Mechanical Work- We believe that a pitcher has to become athletic and explosive by creating a routine and set of skills that are unique and beneficial to them. Creating a "feel" for mechanics will be promoted by use of video analysis, drills and various other methods.

Velocity Training- Training velocity is influenced by many things. Pitcher's will learn how to properly warmup, the importance of mobility training, effectively using resistance bands and long toss, the benefits of weighted balls, medicine ball training and how efficient mechanics influence velocity. Although many pitchers will benefit from all of the above, only pitchers that pass a strict assessment test will be allowed to train with all tools.

Arm Care Training- Throwing, especially pitching, a baseball is the single most explosive, unnatural motion in all of sports. Although arm injuries cannot be completely prevented, pitcher's will learn methods that will help keep their most valuable tool durable.

Warmup and Recovery Protocols- Warmup and recovery are often neglected in most pitcher's programs in that these are the easiest things to overlook and skip due to time constraints. These two disciplines will be stressed the most during the Workhorse Pitching Program.

Command Training- Velocity puts you on the map with coaches and scouts, however, command will put you over the top and assure you a place in the rotation.

Developing Off-Speed Pitches- The fastball is the most effective, yet most under-utilized pitch in youth baseball. However, once establishing a fastball, a pitcher is most effective when disrupting a hitter's timing. Pitcher's will learn how to throw an effective change-up first, before learning a breaking ball.

Mental Side of Pitching- Pitchers will create a pre-pitch routine that prepares them for each pitch while also learning strategies that will help them deal with possible failure. The mental side of pitching is what ties all previous disciplines mentioned together to help form the Complete Pitcher.

To accomplish their above goals, each pitcher will be responsible for training these disciplines up to three times a week. Through repetition alone, pitchers will experience changes that cannot be completely accomplished by training once a week. Lastly, pitchers will receive an honest assessment of their skills and future in the game of baseball. We believe that this will help create realistic goals and help motivate each pitcher to do what it takes to achieve them. There is a place to play for every pitcher who is willing to work hard to develop themselves into a more Complete Pitcher.

- 13 yrs. and older
- (3) 1 hour semi-private classes a week
- 4 Phase customized programming
- Contact for scheduling and monthly pricing
- (314) 520-7775
- Ajahnsen51@gmail.com