

# IMPACT VELOCITY OFF-SEASON PROGRAMMING

STAGE	THROWING	LIFTING
1. Weeks 1-4	On-Ramping	Evaluation + Technique
2. Weeks 5-6	Mechanical Breakdown + Building Endurance	Strength Assessment + integration
3. Weeks 7-8	Building Phase + Long Toss	Compound Lifts + Blending to Strength Phase
4. Weeks 10-12	Increase Intensity – Pulldowns, Intent Training + Mechanical Translation	Strength Training into Power Phase
5. Weeks 12-14	Blend to Season + Assessment	Decrease Volume, Baseball Specific + Assessment

*Our high intensity researched training program is designed to help our players achieve their maximum velocity while promoting arm health. The combination of strength training, mobility, proper explosive mechanics will result in velocity gains. The program utilizes Driveline Baseball, Jaeger Sports, D1 College, and several MLB organizations to create the only customizable velocity program in Greater Cincinnati.*

Includes:

- Functional body evaluation
- Slow Motion Analysis
- Individual Customized throwing program
- Arm Recovery Program
- Customized strength performance program

## **ELITE VELOCITY PROGRAM**

***HIGH SCHOOL / COLLEGE***

Ages: 15+  
 When: Beginning November 1<sup>ST</sup>  
 3 days per week

## **YOUTH VELOCITY PROGRAM**

***MIDDLE SCHOOL***

Ages: 11-14  
 When: Beginning November 1<sup>ST</sup>  
 1 or 2 days per week

Please contact for more information and to sign up. (480) 232-3380 or [impactbaseballperformance@gmail.com](mailto:impactbaseballperformance@gmail.com)

- Brad Stillings — Head Pitching Trainer

- Danny Rosenbaum — Pitching Development Coordinator

