

# lesson program stages

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The lesson program is broken up into 3 stages. Each stage is extremely important to your development so understand what your focuses need to be at each one.

**OFF-SEASON:** Your main focuses are on mechanics and power in the off-season. This is when you challenge your body to create a strong foundation and work to break any bad habits. DO NOT focus on throwing strikes. I want you to practice pitching into a net from a close distance as much as possible, so you focus on your body instead of throwing strikes. Better mechanics = faster speed so if you want to gain speed this off-season, understand it's not just about going really fast through your motion, it's about creating the most explosive and efficient movements with your body. If you are throwing change ups and movement pitches, we will work really hard to create one or two deceptive off-speed pitches and improve spin rate and direction on movement.

**PRE-SEASON:** You cannot be as accurate as you want to be if your mechanics aren't consistently great. We will still focus on mechanics but throwing strikes and hitting targets become a priority. If you worked hard and focused on the right things during the off-season, hitting targets will be a lot easier. We will build on what you learned mentally and physically in the off-season to prepare you for games. If you're ready for it, we will work on hitting targets with changes up and movement pitches as well.

**IN-SEASON:** You will fine-tune mechanics and spin work, continue to work on movement and strength while completing game-like workouts including mixing pitches, simulating innings and batters and situational pitching.

Keep yourself focused on your goals and what you want to accomplish during this program. You have 6 months to become a completely different pitcher but don't wait until a few months before your first game to start working hard. Put in the hard work now and it'll pay off when it really matters!