



Velocity Program

Level I

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Introduction

No doubt pitchers with more speed see more success. Everyone wants it but not everyone knows how to go about it. Drills are great ways to add speed. Timing of what, when and how many drills should be done is a technique only elite pitching coaches know how to coach.

Pitchers should spend the most time on speed drills during their off season training. This is when you have the most time to make gains and have plenty of time to improve control before games. It's very difficult to improve speed and maintain control.

This program will help you make the big push in the off season to add velocity. What you will also learn is how you can do things year round to continuously add speed. Technique is the easiest way to add speed year round but pitchers who strength training will see the most increase in speed. By following strength training program like the one included in this velocity program, will help pitchers become better and stronger athletes. Strong bodies produce the most power for increasing pitching speed without suffering from injuries.

The goal of this velocity program is to teach pitchers how to add healthy speed that will not lead to career ending injuries. Being persistent in your technique and working off the field to become stronger is the proven safe way to improve pitching velocity.

Before we really begin, find the average speed for your age using the speed chart. This chart is true to the students I have personally coached over 13 years. I have included ages 7-18 with ranges and averages. Speed typically improves after physical maturity. Aiming to be 50 mph before first high schools season is the only solid speed milestone I push my pitchers to reach.