

## **Strength**

This is the biggest factor in speed development. The DI college pitchers throwing in the mid 60's or faster follow very intense weight lifting programs. Until an athlete is about 14, they do not need intense weight training. In fact, most 14 year olds do not have the basic strength to begin real weight training. Younger pitchers should focus on functional movements such as proper bodyweight squats, lunges, pushups and planks. Minimum requirement for my pitchers is to complete a 2 minute plank.

The workout included in this program focuses on functional movement. Pitchers who have imbalances and weaknesses will see speed improvement with the strength training program alone. It is very important to not skip over the workout part of this program.

## **Age/Hormones/Puberty**

Age and growth are really the final deciders for speed development. Younger girls typically do not begin to gain muscle until they are age 12-14. Athletes younger than 12 should focus on technique and improving balance. Trying to add speed to girls before their bodies are ready is just creating more problems that could lead to serious injuries. Hormones will determine when a girl can really begin to gain muscle.