



**Designed by Dustin Glant- New York Yankees MLB Pitching Coach**

**Incorporated with Pro X Staff- Dr. Jamey Gordon and Jay Lehr**

“An All-Inclusive, Unlimited and Comprehensive Pitching Academy for the truly dedicated player”

*Data-Driven Results and Training Focus*

**October 2020 – March 2021**

### **BENEFITS:**

- UNLIMITED TRAINING!
- All- Inclusive Development
  - *Pitching /Strength/Speed/Velocity*
- Mechanical, Tactical, Physical and Mental Training
- Data-Driven Development
- Velocity Program Included
- Unmatched Accessibility to the Pro X staff and Facility
- Group Accountability
- Planned Progression Throughout the Entire Year
- Competitive Environment
- Access to Drill/Training Database
- Use of TrainHeroic Training App
  - *Individually Customized Training Plan in a Group Environment*

## DATA/TRAINING TOOLS:

- Pitch Design Customized to individual
- Driveline Protocols
- Rapsodo Metrics
- Trackman Analytical review
- Edgertronics Slow-Motion Camera
- Overlay videos for release points analysis
- Tunneling Videos

## ELITE PITCHING ACADEMY DETAILS:

### *TIMELINE*

#### **OCTOBER**

- Athlete Assessment and Screening with Dr. Gordon
- Pitching Evaluation
- Data Gathering/Baseline Testing
- Rapsodo/Trackman pitch metrics
- Build Pitch Projections

#### **NOVEMBER**

- On-Ramping Begins
- Individual Mechanical Breakdowns
- Foundational Drill Work Intro
- Intro to Pre-throw and Post-throw
- Physical Training-Strength Phase

#### **DECEMBER**

- Begin Individualized Programming
- Velocity
- Pitch Design
- Command Training
- Physical Training-Power Phase

## JANUARY

- Data Re-Testing
  - Rapsodo, Performance Metrics
- Pitching Focus- Pitch Design, PFP/Pickoffs/Holding Runners
- Physical Training and Velocity Focus- Continued Power Phase and Initiation of Power Throwing

## FEBRUARY

- Pitching Focus- Pitch Design and Increased Pitch Count- Begin Live Competitive Pitching
- Physical Training and Velocity Focus- Maximize Throwing Power
- **Begin Live In-Game Reps: Live Pitching Reps, Live Hitting Reps, Live Defensive Reps, Live Baserunning Reps**

## MARCH

- Data Post-Testing
  - Rapsodo, Blast Motion, K-Motion, Performance Metrics
- Pitching Focus- Season Prep
- Physical Training and Velocity Focus- Recovery and Arm Care
- **Continued Live In-Game Reps: Live Pitching Reps, Live Hitting Reps, Live Defensive Reps, Live Baserunning**

**\*\* GO DOMINATE\*\***

## *ACADEMY SESSIONS*

- Flexible Training Content
- Pro X Staff Oversight on ALL sessions
- Athlete Determines Daily Training Regiment with Guidance from Staff

## *SCHEDULE*

- UNLIMITED TRAINING and FULL ACCESS ALL WINTER
- 6 days per week
  - 3:00pm to 9:00pm Mondays, Tuesdays, Wednesdays, Thursdays and Fridays
  - Saturdays 8:00am to 11:00am

