MATT DUFFY BASEBALL

Progressive Throwing & Shoulder Program

This program is designed to build arm strength, endurance, and durability through a progressive throwing schedule combined with a focused shoulder maintenance routine.

The goal is to prepare your arm to handle the demands of a full throwing season **safely and effectively while maintaining proper mechanics and shoulder health throughout the process.**

The throwing plan gradually increases distance, intensity, and volume over time, allowing your arm to adapt naturally to the stresses of throwing. Alongside throwing, the shoulder program emphasizes stability, mobility, and strength in the rotator cuff and scapular muscles to promote balance and support overall arm health.

Success in this program comes from commitment to consistency and attention to detail. Every throw and every rep in the shoulder routine has a purpose developing a foundation for performance, recovery, and longevity on the mound.

MDB Open Pitching Available Cage Times

Open Pitching	Time	Ages
Monday	8PM - 9PM	All Ages
Tuesday	8PM - 9PM	All Ages
Wednesday	8PM - 9PM	All Ages
Thursday	8PM - 9PM	All Ages
Friday	7PM - 8PM	All Ages

In addition, players within the MDB Knights Program will be able to **follow most of this program during their scheduled practice sessions according to our Google Calendar.** The Open Pitching times above provides players an additional opportunity to follow the plan outside of practice if needed. Our aim is to create as many opportunities as possible for players to develop long term and take advantage of using the facility.

To have success within this pitching program means to follow it from start to finish. Please sign up with the following link to let us know if your player will be participating in this program.

LINK TO SIGN UP: https://forms.gle/EXpZyrKE9u1PLpnM8

MATT DUFFY BASEBALL

Shoulder Program Exercises

Exercises are to be done on Monday, Wednesday, and Friday of Each Week

For each exercise, two sets of ten repetitions

Be focused on SLOW & CONTROLLED!

1. External Rotation with Tubing
2. Internal Rotation with Tubing
3. Half Kneeling External Rotation with Tubing
4. Half Kneeling Internal Rotation with Tubing
5. W's with Tubing
6. Standing Full Can
7. Standing Lateral Raises
8. Side External Rotation
9. Forearm Flexion
10. Forearm Extension

November 2025 - “Foundation Phase”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Arm Care 10@45’ 10@55’ 20@65’ 10@40’	11	12 Arm Care 10@45’ 10@55’ 25@65’ 10@40’	13	14 Arm Care 10@45’ 10@55’ 30@65’ 10@40’	15
16	17 Arm Care 10@45’ 20@60’ 15@75’ 10@45’	18	19 Arm Care 10@45’ 20@60’ 15@75’ 10@45”	20	21 Arm Care 10@45’ 15@60’ 25@75’ 10@45’	22
23	24 Arm Care 10@45’ 20@60’ 15@75’ 10@45’	25	26 Arm Care 10@45’ 20@60’ 15@75’ 10@45	27	28 Arm Care 10@45’ 15@60’ 25@75’ 10@45’	29
30						

December 2025 - “Volume Phase”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Arm Care 10@45’ 10@60’ 10@90’ 20@75’ 10@60	2	3 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@60’	4	5 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@60’	6
7	8 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@60	9	10 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@60’	11	12 Arm Care 10@45’ 10@60’ 15@75’ 20@90’ 10@60.	13
14	15 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@105’ 10@60’	16	17 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@105’ 10@60’	18	19 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@105’ 10@60’	20
21	22 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@105’ 10@60’	23	24 Arm Care 10@45’ 10@60’ 15@75’ 15@90’ 10@105’ 10@60’	25	26 Arm Care 10@45’ 10@60’ 15@75’ 15@90’ 10@105’ 10@60’	27
28	29 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@115’ 10@60’	30	31 Arm Care 10@45’ 10@60’ 20@75’ 15@90’ 10@115’ 10@60’			

January 2026 - “Strength Phase”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@60’	3
4	5 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@60’	6 Light Catch	7 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@60’	8 Light Catch	9 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@60’	10
11	12 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@130’ 10@60’	13 Light Catch	14 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@130’ 10@60’	15 Light Catch	16 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@130’ 10@60’	17
18	19 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@130’ 10@60’	20 Light Catch	21 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@130’ 10@60’	22 Light Catch	23 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@130’ 10@60’	24
25	26 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@140’ 10@60’	27 Light Catch	28 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@140” 10@60’	29 Light Catch	30 Arm Care 10@45’ 10@60’ 10@75’ 10@90’ 10@105’ 10@120’ 10@140’ 10@60’	31

February 2026

Pre-Season Prep Phase

**All Throws 90ft or greater to be done with a crow-hop*

**Warm-up throwing to be done before bullpens 10 throws at 60ft, 90ft, 120ft, 60ft flat ground*

**Arm Care to be done Tuesday and Thursday of each week*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Off	2 Bullpen 20pitches 50% FB only	3 Light Catch	4 Long Toss Out to 120’	5 Light Catch	6 Long Toss Out to 140’	7 Light Catch
8 Off	9 Bullpen 20pitches 75%FB only	10 Light Catch	11 Long Toss Out to 120’	12 Light Catch	13 Bullpen 25pitches 75%FB only	14 Light Catch
15 Off	16 Bullpen 30pitches 75%FB only	17 Light Catch	18 Long Toss Out to 120’	19 Light Catch	20 Long Toss Out to 140’	21 Light Catch
22 Off	23 Light Catch	24 Bullpen 30pitches 90%FB/CH	25 Light Catch	26 Long Toss Out to 120’	27 Bullpen 30pitches 90%FB/CH	28 Light Catch

March 2025

End of Prep Into Live Bullpens

**Warm-up throwing to be done before bullpens 10 throws at 60ft, 90ft, 120ft, 60ft on flat ground*

**Arm Care to be done on Bullpen days*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 OFF DAY	2	3 Bullpen 40 Pitches 90% FB/CH/BB	4 Light Catch	5	6 Bullpen 40 Pitches 100% FB/CH/BB	7 Light Catch
8 OFF DAY	9 Light Catch	10 Bullpen 40 Pitches 100% All Pitches	11 Light Catch	12 Long Toss Out to 120’	13 Bullpen 40 Pitches 100% All Pitches	14 Light Catch
15 Light Catch	16 20 Pitch Pen 20 Pitch Live BP (40 Total)	17 Light Catch	18 Long Toss	19 Light Catch	20 20 Pitch Pen 30 Pitch Live BP 2x15	21 OFF DAY
22 Light Catch	23 Bullpen 20 Pitch Pen 20 Pitch Live BP	24 Light Catch	25 Long Toss	26 Light Catch	27 20 Pitch Pen 30 Pitch Live BP 2x15	28 OFF DAY
29 Light Catch	30 Long Toss	31				