

Offseason Throwing: Rest is for the Weary

As the baseball season comes to a close, pitchers are often faced with the question of how to approach their off-season training. While rest and recovery are crucial for rejuvenating the body, there is a growing consensus among experts that completely halting throwing activities may not be the best approach. In fact, continuing to throw in the off-season, albeit with a reduced workload, can offer numerous benefits. This article explores the importance of maintaining a throwing program during the off-season and how it can enhance training, improve velocity, and reduce the risk of injury.



Maintaining Momentum:

One of the primary reasons to continue throwing during the off-season is to maintain the momentum and rhythm developed over the course of the previous season. By staying connected to the mechanics and feel of throwing, pitchers can avoid starting from scratch when they return to training. Consistency in throwing mechanics is vital for developing muscle memory and maintaining a strong foundation for overall performance.

Velocity Development:

Another key advantage of off-season throwing is the opportunity to build velocity. By incorporating regular throwing sessions into the off-season routine, pitchers can gradually increase their arm strength and throwing speed. Maintaining a consistent throwing program allows for a more controlled and gradual progression, reducing the risk of sudden spikes in workload that may lead to injury. This gradual increase in intensity can contribute to enhanced performance once the new season begins.

Injury Mitigation:

While rest is essential for recovery, completely abstaining from throwing can have its drawbacks. The sudden cessation of throwing activities can result in a loss of muscle tone and flexibility, which may increase the risk of injury when ramping up training for the next season. By continuing to throw in the off-season, albeit with a reduced workload, pitchers can keep their arm in shape, maintain flexibility, and mitigate the chances of rain-related injuries.

Mental Preparation:

Pitching is not just a physical endeavor; it requires mental acuity and focus. By continuing to throw during the off-season, pitchers keep their minds engaged in the game, allowing them to stay mentally sharp and prepared for the challenges. Consistent throwing sessions help maintain the mental discipline needed to execute pitches effectively and make quick decisions on the mound.

Off-season throwing is a crucial aspect of a pitcher's training program. By reducing the workload but not completely stopping throwing activities, pitchers can maintain momentum, develop velocity, reduce the risk of injury, and stay mentally prepared for the upcoming season. It is important to strike a balance between rest and continued practice to optimize performance and ensure a smooth transition into the next season. So, remember, in the off-season, rest may be for the weary, but throwing is for the dedicated.

