

2025-2026 WEEKLY PLAN



| 12 WEEK PLAN | RUTHERFORD WEEKLY PLAN | BULLPEN PITCH COUNT | HOMEWORK |
|-------------------------------------|--|---|--|
| WEEK 1 (Dec. 15-19) | Teach Core4 drills, Engaging Lower Half, Kinetic Chain LONG TOSS (LT) - Phase 1 | No Bullpen | Additional Throw day, repeat session |
| WEEK 2 (Dec. 22-28) | Core4 drills with 2 & 4 Seam Fastballs, Ground Force LONG TOSS (LT) - Phase 1 | No Bullpen | Additional Throw day, repeat session |
| WEEK 3 (Dec. 29 - Jan. 4) | Finding Comfort in Pitching from the Stretch Core4, Individual Drill Work Long Toss | 25 PITCHES (one set) | Additional Throw day, repeat session |
| WEEK 4 (Jan 5-9) | CHANGE-UP WEEK Core4, Individual Drill Work , Long Toss with CHG | 30 PITCHES (one set) | 2 Throw days, LT w/ CHG and light Pen |
| WEEK 5 (Jan. 12-16) | MONTHLY SUMMARY (2/4 SM, Stretch, CHG) Long Toss Phase 2 | 35 PITCHES (one set) | 2 Throw days LT w/ CB and med Pen |
| WEEK 6 (Jan. 19-23) | BREAKING BALL WEEK (Curveball/Slider) Long Toss Phase 2 | 40 PITCHES (two sets) | 2 Throw days, LT and Repeat |
| WEEK 7 (Jan. 26 - 30) | Strike %, Setting Up Hitters/Tempo Bullpens, Command, Locate Phase 2 Long Toss Program / Change-Up,Curveball Drill Work | 45 PITCHES (two sets) | 3 Throw days, light work, LT, pen/side |
| WEEK 8 (Feb. 2-6) | Situational Pitching, Count Pitching Pickoff Moves to 1B, 2B, 1st/3rd (RAPSODO) | 50 PITCHES (two sets) | 3 Throw days, light work, LT, pen/side |
| WEEK 9 (Feb. 9-13) | Velocity Differential, Execution Pitches including (RAPSODO) | 50 PITCHES (two sets) | 3 Throw days, light work, LT, pen/side |
| WEEK 10 (Feb. 16-20) | Command vs. Control Charting Pitches/Location (RAPSODO) | 55 PITCHES (two sets) | Every other day throw - follow plan |
| WEEK 11 (Feb 23-27) | GAME WEEK: Competitive Bullpen Batters with Innings, Counts, situations, runners (RAPSODO) | 55 PITCHES (two sets) | Every other day throw - follow plan |
| WEEK 12 (March 2-6) | Pitcher Showcase or Final Bullpen (RAPSODO) | 55 PITCHES (two sets) or 20-25 Showcase | Every other day throw - follow plan |