



**Koa Sports 6 Month
Desert Eagle Pitching Program
Exclusively for Ages 10U, 12U & 15U
(Serious players only)**

Koa Sports League:

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6-Month Desert Eagle Pitching Program



Written by: Tony Korson, Koa Sports CEO with 13 years of pitching expertise (bio below)

Want your son in a safe, fun, proven, systematic pitching program? Are you looking for continuity from a specialized sports trainer? Is your son willing to dedicate 1-2 days per week to educate himself on proper mechanics, increase his velocity, arm care/injury prevention, and boost mental toughness? Look no further; the Desert Eagle has you covered.

This 6-month program will be limited to 4 or 5 pitchers depending on age group. Admittance into this program is by application ONLY, and MUST be approved by Koa Sports. To apply for the program, please fill out the application on the next page.

Required Reading- The Mental ABC's of Pitching by: H.A. Dorfman (book is included in tuition)

Day(s) of the week- The Program will meet 1-2 times during the week.

Cost- \$150 p/month (\$900 total) for Koa Travel and BABL players

Billing- Your credit card will be billed the above amount on the first of every month

Attendance/Refund Policy- If your son misses more than 6 classes during the first 3 months, you will be excused from the program. You will be billed 50% of tuition for the final 3 months of the program. Koa Sports will treat injuries on a case-by-case basis.

Tony Korson's bio - Tony is in the Whitman HS Hall of Fame; in 2001 he was a First Team All-Met Washington Post Selection. He went on to earn a scholarship to pitch at Florida Gulf Coast University (aka Dunk City), where he served as a starter, middle-reliever and closer at different points in his career. His junior season, he led the team with a 1.73 ERA. In 2004, he was a critical reliever (0.48 ERA) for the Madison Mallards (NCAA sanctioned college wood bat league) during their championship run. Two noticeable accomplishments: pitched a no hitter in 2000 vs. Rockville HS, and in 2004 combined for a no-hitter in college.



Application for Koa's 6-Month Pitching Program

(Please return this page and the next two to info@koasports.org)

Personal Information:

Athlete's Name: _____ DOB: ___/___/___ Age Today: _____

Address: _____

Street

City

State

Zip

Sport(s) your son plays: _____

Non-Sports interest of your son: _____

Mother's Name: _____ Mother's Email: _____ Cell # (mom): _____

Father's Name: _____ Father's Email: _____ Cell # (dad): _____

I agree to the following injury/refund policy- If your son misses more than 6 classes during the first 4 months, you will be excused from the program. You will be billed 50% of tuition for the final 8 months of the program. Injuries will be treated on a case by case basis by Koa Sports.

Signature: _____ Date: ___/___/___

Please have your son handwrite a brief 1-2 paragraph essay (below) on why they want to be accepted in this program, and what it would mean to them.

Athlete's Name: _____ Date: _____

(THIS FORM MUST BE RETURNED WITH YOUR APPLICATION)

Desert Eagle Goal Sheet- *Player*

Why do you like pitching?

What's your favorite part about pitching?

What's the hardest part about pitching?

What is your long-term pitching goal?

What is your long-term baseball goal?

How will you achieve your goals?

Name: _____ Date: _____

(THIS FORM MUST BE RETURNED WITH YOUR APPLICATION)

Desert Eagle Goal Sheet- Parent

What is your expectation for this 6-month program?

On a scale from 1-10 (10 being paramount) how passionate do you think your son is about baseball?

Are you nervous when your son pitches in games?

What is your long-term pitching goal for your son?

What is your long-term baseball goal for your son?

On a scale from 1-10 (10 being paramount) how important to you is your son playing high school baseball and why?

Desert Eagle Pitching Program- Details

Why- Tony Korson designed the Desert Eagle Program to give 10U, 12U & 15U pitchers an edge against the competition. Too often youth coaches are stuck in the “now,” and neglect the long-term goals and trajectories of their players. This program is for pitchers looking to excel in the future (high school or beyond) not to win their games this weekend. Koa’s desired outcome is for the pitchers to understand how to throw faster, take care of their arm, and boost mental toughness – all while training in a positive, fun environment.

How- A systematic approach to improve in 8 crucial areas:

1. **Accountability-** Pitchers must show up on time to every class and complete their weekly take home assignment/reading. If they attendance isn’t consistent, they will be removed from program.
2. **Analysis-** Pitchers will be videotaped each month to track progress.
3. **Metrics-** Each pitcher will have their velocity (and other measurables recorded) the first or second week class and again at the end of the program. All pitchers will receive a copy of their evaluations at the end of the program.
4. **Routine-** The Desert Eagle throwing program mirrors most MLB organizations, and will provide structure for how to warm up, and get ready for bullpens. Throwing consistent bullpens is one of the biggest benefits of this program.
5. **Strategic Training-** The Desert Eagle follows a 12-month periodization plan in 6-months with varying intensity training levels to keep the pitchers fresh. We’ll monitor how throwing and bullpen sessions on a weekly basis.
6. **Check ins-** There is a monthly goal for each athlete, as well as video analysis to assess progress.
7. **Game Day Competition-** Pitchers will pitch in games during the weekend! However, they will be limited to 45 pitches per weekend. Violation of this rule will result in removal from the program.
8. **Safety & Health-** Arm care is part of every season, we will ONLY dynamically loosen the arm (no static stretches), and will do band work and strengthen the decelerator each session. A weak decelerator is the cause of most arm injuries and “little league elbow.”

What- It's simple, execute the 6-month plan; here is the periodization workout schedule and monthly goals.

Desert Eagle Periodization & Phases

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Professional Pitcher	Phase III		Phase IV	Phase V						Phase I		Phase II
Desert Eagle	Phase 1	Phase 2		Phase 3			OFF	Phase 2	Phase 3		Phase 1	

Professional Phases:

Phase I- Allows pitcher to rest both physically and mentally after a 162 game season. The pitcher will still focus on basic fitness, keeping in shape while having fun. During phase I there will be NO pitching or throwing.

Phase II- The pitcher will be focusing on building strength through weight training, and putting on mass. The pitcher will still work on aerobic fitness. The pitcher begins pitching drills, but has not started throwing yet.

Phase III- The pitcher will begin their throwing program, including throwing flat ground bullpens. They will also increase the intensity of speed & agility work, as well as plyometric training.

Phase IV- The pitcher begins throwing bullpens, and to live hitters in simulate game play. He will continue his speed & agility work, as well as mechanical drills.

Phase V- The final phase will have the pitcher ready to compete in games.

Desert Eagle Phases:

Phase 1- Pitcher is not throwing, and just finished up their season. This phase is to avoid “dead arm” and is a time when the pitchers will be meeting once a week (or not at all). During these months, we will work on dry mechanics, PFPs, agilities, and how to field the position.

Phase 2- Pitcher is gearing up for the season, and is intensely throwing bullpens. This phase, the Koa pitcher will be meeting two times per week for workouts.

Phase 3- Pitcher is “in season” and will be coming into the facility for one bullpen a week, arm care, and mechanics work. During phase 3 the program will meet Wednesdays.

Desert Eagle Monthly Goals

January Goals:

- Master the systematic throwing program
- Learn the dynamic warm up and understand why and how we do the four different drills during our throwing progression
- Complete the initial film session, and evaluation for each pitcher which will be the data point for the entire program

Weekly take home assignment- Weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps), cut a hole in a tennis ball (big enough) to insert put in 20 pennies. Keep in your baseball bag all year.

February Goals:

- Throw our first bullpen while moving fast
- Compare video #1 vs. #2
- Mastery of the glove signs

Weekly take home assignment- practice "second move" 30 reps, weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

March Goals:

- Compare video #2 vs. #3
- Introduce a 2nd pitch (change up or cutter aka cut fastball)
- Understand why (decelerator) your arm gets sore

Weekly take home assignment- Weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps), watch YouTube videos of your favorite pitcher

April Goals:

- Compare video #3 vs. #4
- Lead with the hip
- To lengthen the stride

Weekly take home assignment- Weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

May Goals:

- Compare video #1 vs. #5
- Gain more control of all 3 pitches (fastball, change-up, cutter/ breaking ball)
- Recap how outings during games have gone during the month of May

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

June Goals:

- Compare video #5 vs. #6
- Extension out front / releasing ball closer to home plate
- Recap how outings during games have gone during the month of June

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

July Goals:

- Compare video #6 vs. #7
- Pushing off back foot / using bottom half to throw harder
- Balance

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

August Goals:

- Compare video #7 vs. #8
- Review picks
- After throwing cool-downs / scap + rotator cuff work

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

September Goals:

- Compare video #1 vs. #9
- Introduce a 3rd pitch (change up or cutter aka cut fastball)
- Talk about pre-game mental preparation

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps)

October Goals:

- Compare video #1 vs. #10
- Understand importance of backing up bases / what to do after the pitch is thrown
- Have ultimate balanced control over his body and movements

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, 50 reps of ball down and glove up (5 sets of 10 reps), watch post season baseball!

November Goals:

- Compare video #10 vs. #11
- Final velocity test
- PFP footwork

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, running + conditioning on your own, 50 reps of ball down and glove up (5 sets of 10 reps)

December Goals:

- Improve overall fitness through plyometric training
- Retest physical metrics
- Review goal sheets

Weekly take home assignment- weekly reading of Mental ABC's of Pitching, write down goals for next year's baseball season

Tentative Weekly Class Schedule ~54 classes

Phase	1	2	3
Dynamic Warm Up	10 mins	10 mins	10 mins
Throwing Program	N/A	15 mins	15mins
Drill Work/Focus of the week	20 mins	5 mins	5 mins
Agilities & Plyometric Training	20 mins	30 mins	N/A
Bullpen	N/A		20 mins
Arm Care/Injury Prevention/Reading	10 mins		10 mins

January/Phase 2 (once a week)

February/Phase 2 (twice a week)

March / Phase 2 (twice a week)

April/Phase 3 (once a week)

May/Phase 3 (once a week)

June/Phase 3 (once a week)

July/Phase 3 (once a week)

August 16th-September 2nd/Phase 2 (twice a week)

September 3rd-November 4th Phase 3 (once a week)

November 5th-December 16th Phase 1 (once a week)



Koa 6-Month Pitching Program Evaluation

Player Name: _____ DOB: ___/___/___

Evaluated By: _____ Final Eval Date- _____ Initial Eval Date- _____

MEASUREABLES

Stride Length (initial): _____ in inches

Height (initial): _____ ft. _____ in

Stride Length (final): _____ in inches

Height (final): _____ ft. _____ in

Velocity 4 seam FB (initial): _____ in mph

Weight (initial): _____ lbs

Velocity 4 seam FB (final): _____ in mph

Weight (final): _____ lbs

Velocity Change Up (initial): _____ in mph

Pro Agility (initial): _____ seconds

Velocity Change Up (final): _____ in mph
seconds

Pro Agility (final): _____

MAKE UP & MECHANICS

Coachability (initial): 1 2 3 4 5

Coachability (final): 1 2 3 4 5

Handbreak (initial): 1 2 3 4 5

Handbreak (final): 1 2 3 4 5

Front Side (initial): 1 2 3 4 5

Front Side (final): 1 2 3 4 5

Balance (initial): 1 2 3 4 5

Balance (final): 1 2 3 4 5

