



Precision Pitching Highlights the Importance of Consistent Summer Training for Pitcher Development

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As the high school and travel baseball seasons wind down for many athletes, Precision Pitching is emphasizing the critical role of structured summer routines in building long-term pitcher success. With consistency serving as the key differentiator between average and elite performers, the organization encourages athletes to use the offseason period for purposeful development rather than unstructured downtime.

Summer training provides a dedicated window for pitchers to focus on foundational elements that drive sustainable progress. Without consistent routines during the competitive season, even talented athletes risk disruptions in mechanics, timing, and mental focus. Precision Pitching's science-based approach helps athletes maintain repeatable deliveries and efficient movement sequences year-round, protecting arm health while positioning them for stronger performances in the following season.

The offseason months allow for targeted work on strength development, mechanical refinements, and velocity gains through high-quality, intentional repetitions. Coaches at the Red Wing facility design individualized programs that address each athlete's specific needs, incorporating biomechanics analysis,

functional strength training, and mental performance strategies. This comprehensive methodology supports not only immediate improvements but also the kind of lasting development that prepares pitchers for higher levels of competition.

Ryan Christenson, lead coach at Precision Pitching, said, "Consistency separates average from elite. During the season, routines build repeatable mechanics, sharpen timing, and keep pitchers mentally locked in. Pitching is all about efficiency and sequence?without routine, performance and health take a hit."

Summer represents an opportunity to build on in-season foundations. Athletes can dedicate focused time to developing arm strength, improving deceleration and stabilization, and enhancing overall athleticism in a controlled environment. Precision Pitching integrates data-driven tools and video feedback to track progress and make real-time adjustments, ensuring training remains purposeful and individualized.

The organization's programs extend beyond the mound to support complete athlete development. In addition to pitching-specific work, training options include elements that benefit multi-sport athletes, such as quarterbacks and volleyball players who rely on similar throwing mechanics and arm health principles. This broader application underscores the transferable value of the science-backed protocols used at Precision Pitching.

A parent of one athlete shared, "Coach C is one of the best things that's happened for my son's young baseball career. ... We've watched our son make tremendous strides in mechanics and velocity all while strengthening his knowledge and love of this great game."

Precision Pitching maintains a strong emphasis on arm health across all programming. Workload monitoring, targeted exercises for shoulder and elbow stability, and recovery protocols help athletes train hard while minimizing injury risk. This careful approach is particularly valuable during summer months when athletes have more time to build a stronger physical base without the demands of frequent games.

The Red Wing-based program has supported over 1,000 athletes, including more than 75 who have advanced to collegiate or professional levels. Its hybrid model, combining in-person sessions with remote options, allows flexibility for families balancing summer activities, travel, and other commitments. This adaptability ensures athletes can maintain consistency regardless of their schedules.

For many pitchers, the transition from in-season play to focused summer training marks a pivotal period for growth. Establishing strong routines during these months helps reinforce positive habits that carry forward. Precision Pitching coaches work closely with each athlete to develop clear development paths, blending technical pitching instruction with strength work and mental conditioning to create well-rounded, confident competitors.

As June marks the start of many summer training cycles, Precision Pitching continues to expand its offerings to meet growing demand. The facility provides a supportive environment where athletes receive hands-on coaching from experienced instructors who prioritize long-term success over quick fixes. This philosophy has helped numerous participants achieve measurable gains in velocity, command, and overall mound presence.

Precision Pitching operates as a sports performance training company specializing in pitcher development and overhead athlete training. Based in Red Wing, Minnesota, and led by Ryan Christenson with over 20 years of experience, the organization delivers science-based coaching that sharpens mechanics, boosts velocity, and prioritizes arm health. Services include group and private sessions for athletes of all ages, with options for both in-person training at the local facility and remote programming to accommodate diverse needs.

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For more information about Precision Pitching, contact the company here: Precision Pitching Ryan Christenson 651-301-5381 coachc@precisionpitching.net 1926 Old W Main St, Red Wing, MN 55066

Precision Pitching

Under the guidance of Ryan Christenson, our program sharpens mechanics, boosts velocity, and prioritizes arm health—all within a supportive, performance-driven environment.

Website: <https://www.precisionpitching.net/>

Email: coachc@precisionpitching.net

Phone: 651-301-5381

