

Important: Please be sure not to align the band clip in line with your face or head. Please do not stretch it more than 1-2 feet past the bands original length. Move closer to fence/wall to lower the resistance level.

I's (FWD & Reverse)



Knees bent, head straight, bring hands straight up. 3 second release down. **Reps:** 10

Y's (FWD & Reverse)



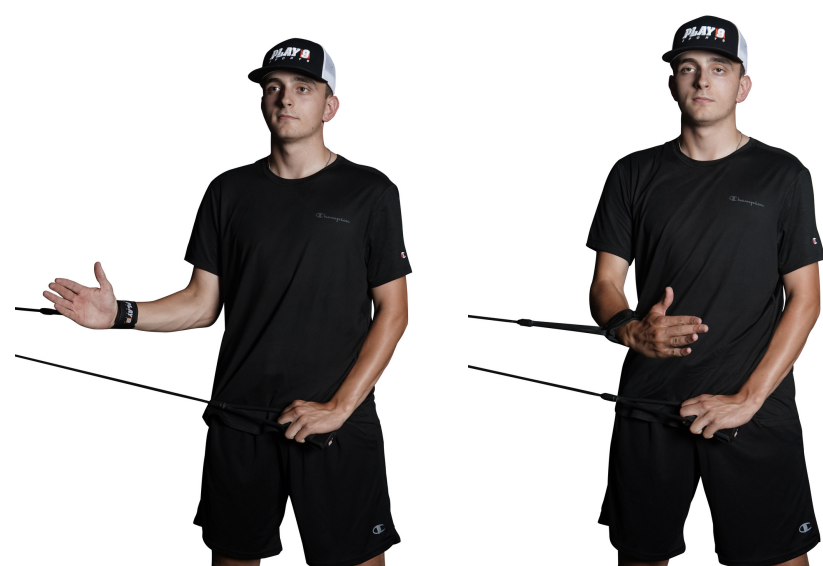
Knees bent, head straight, bring hands wide making a Y. 3 second release down. **Reps:** 10

T's (FWD & Reverse)



Palms open moving away from each other. 3 second release together. **Reps:** 10

Side Facing Internal Rotation



Clip at hip height, arm at right angle., elbow 3-4in's from ribcage Rotate arm towards inward. **Reps:** 10

Side Facing External Rotation



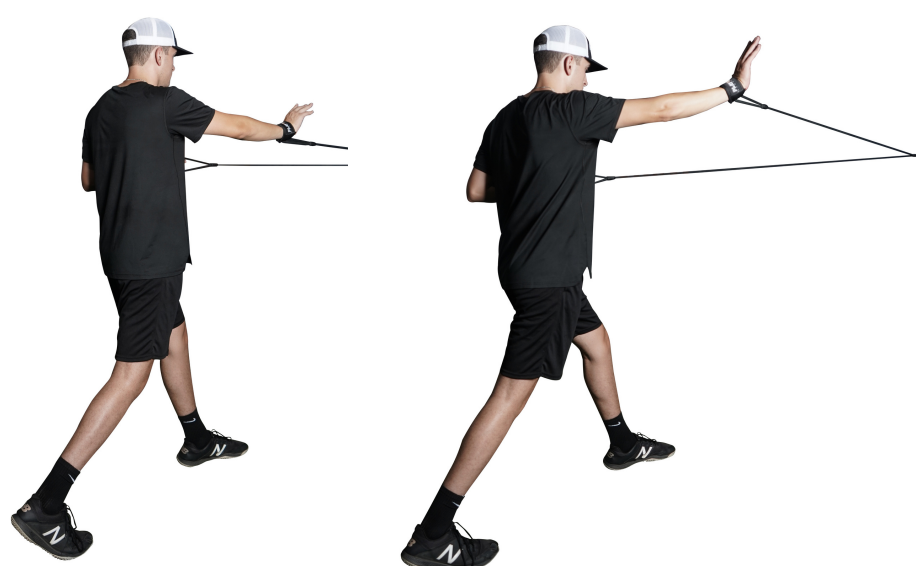
Clip at hip height, arm at right angle, elbow 3-4in's from ribcage Rotate arm towards outward. **Reps:** 10

Fwd Facing Internal Rotation



Clip above hip height, throwing arm tilted back, rotate hand forward, pronating hand inwardly. **Reps:** 10

Wax On, Wax Off



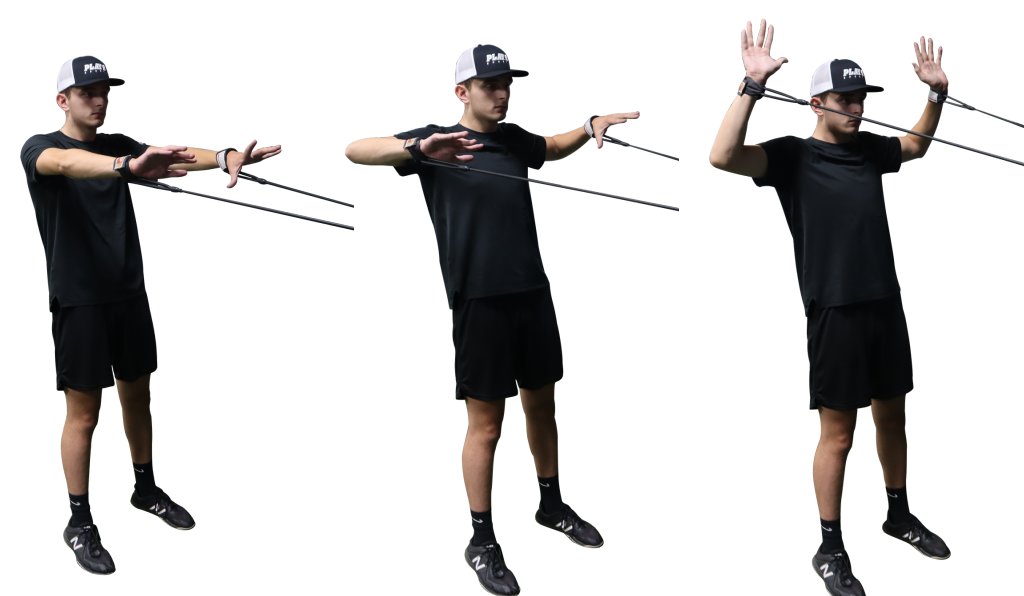
Clip at hip height, arm straight out, motion arm in circle motion keeping scap still. Switch arms, switch circle directions. **Reps:** 10

Tricep Extensions



Start with your legs separated and hands behind your head, extend arms straight out, into full extension. **Reps:** 10

Cuban Press



Pinch shoulder blades together, pull both elbows straight back., rotate hands upward, creating perfect field goal position. **Reps:** 10

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Important: Perform *after* resistance band warm up. Proceed with throwing progression and long toss.



Hand Passes: Start with good posture in upright position. Keep arm at 90 degree position at sides. Pass ball from hand to hand while keeping elbows tight to body.

Reps: 10 **Intensity:** Low **Ball:** 2lb or 1lb



Rebounder: With ball in a flexed position, drive hand with the ball toward the trampoline /ground and pronate wrist and forearm. Catch ball with opposite hand.

Reps: 10 **Intensity:** Low **Ball:** 2lb or 1lb



Reverse Throws: Start in a half kneeling position with arm side knee down, rotate torso backward and drive the ball back into the wall behind you.

Reps: 10 **Intensity:** Low **Ball:** 2lb or 1lb



10 Toes: In a upright position, facing the wall, rotate throwing shoulder while keeping stable lower body. Toss ball arm side, two feet above your head and create rhythm.

Reps: 10 **Intensity:** Low/Mod **Ball:** 2lb or 1lb



Timing: Start with feet near stride length, create momentum by rocking back, then throw ball forward toward target, bringing the back leg through

Sets: 3 **Intensity:** Mod **Ball:** 6,5,3.5



Quick Picks: Start with back turned away from target with feet shoulder width apart. Turn with high intent and throw the ball toward target.

Sets: 3 **Intensity:** High **Ball:** 6,5,3.5

Important: Perform after resistance band and plyo ball warm up. Proceed with long toss program.



Half Kneels: Start in half kneeling position with torso stacked, separate hand and throw.

Reps:
6-8

Intensity:
Low



10 Toes: Start in upright 10 toes position, rotate shoulder while keeping stable lower body, toss ball high arm side and create rhythm.

Reps:
6-8

Intensity:
Low



Rock Backs: Start with feet near stride length, create momentum by rocking back then throw ball forward toward target bring the back leg through.

Reps:
6-8

Intensity:
Moderate



Step Overs: Start with feet shoulder width apart, bring your back foot over, lift front leg, stride forward toward target bring the back leg through.

Reps:
6-8

Intensity:
Moderate



Walk In's: Start facing your target, take a step forward and rotate your foot as if you were to throw off rubber to throw off the mound, lift front leg, stride forward toward target bring the back leg through.

Reps:
6-8

Intensity:
Moderate

For Advanced Players: Do 3 sets, 3 throws each with the 6oz, 5oz (regular ball), 4oz weighted baseballs as opposed to 6-8 throws with just 5oz ball.



Long Toss

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Start with a 9-ounce weighted ball (if accessible), throw the ball 50-60% effort out to 100 feet with a specific external or internal focus (i.e. hit partner in the chest or feel glove side disconnect from throwing arm). Make sure all throws have an arc.

Beyond 100 feet, continue throwing with a regular 5oz baseball, both going out and coming back in, until long toss is finished.

As you continue to build experience and get stronger, you should graduate to an 11-ounce ball.

If Distance Restricted: Extension catch out to 90-feet with weighted ball and easy toss out to maximum allowed distance.

If Time Restricted: Extension catch out to 90-feet with weighted ball. Increase intensity as you go out to tolerance distance.

If Distance Restricted: Put the ball on a line repeatedly from 120 feet.

If Time Restricted: During the last 2 minutes of the throwing window, put the ball on a line walking in to 60 feet.

Think of the above program as a framework. You will need to tweak it in order to fit it into your practice schedule with your coaches.

Programmed by Total Arm Care

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