



Throwing Progression

sales@shopplay9.com

www.shopplay9.com

908-883-6643

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



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



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



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



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

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.

Programmed by Total Arm Care

www.totalarmcare.com



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 a 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.