

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.