

Throwing Program

1. Pancake Glove if Available - 2 Knees.
Isolate Upper
Body
Thumbs Down when separate hands
Fingers on Top of ball
2. Pancake Glove if Available - 1 Knee
Work on getting Extension
3. Pancake Glove if Available - Stand Turn and Throw (Feet little Bit more then Shoulder Width)
Stay in your Legs

Regular Glove from here on out.

4. Back and Throw (Feet Spread Out)
Sink in Back Leg
5. Front Back and Throw (60 Feet
Apart)
6. Right/Left Throw and Follow Through (75 Feet)
7. Right/Left Shuffle Throw and Follow (90 Feet)

We will move into Long Toss Here (Arc going out/On a line coming in)

Work on Relay Throwing Footwork
Right Foot to Ball/Left Foot Throw

8. Stationary Throwing (60 Feet Apart)
Balance on 1 leg and throw
9. Move to Right Throw/ Move to Left (Spin) and Throw
10. Short Hops with Tage (15 Feet
Apart)
11. Rapid Catch and Rapid
Fire
12. Spot Drill

Long Toss Program

Week 1 — (Monday, Tuesday, Thursday, Friday)

40-60 ft — 15 throws

75 ft — 10 throws

90 ft — 5 throws

105 ft — 5 throws

120 ft — 5 throws

135 ft — 2 throws

150 ft — 2 throws

150 ft + (optional 5 additional minutes of throwing at same distance or increase distance if the arm "asks" for it)

140 ft — 1 throws

130 ft — 1 throws

120 ft — 1 throw

110 ft — 1 throw

100 ft — 1 throw

90 ft — 1 throw

80 ft — 1 throw

70 ft — 1 throw

60 ft — 5 throws (or any additional throws if needed)

*** Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

Week 2 — (Monday, Tuesday, Thursday, Friday)

40-60 ft — 15 throws

75 ft — 10 throws

90 ft — 5 throws

105 ft — 5 throws

120 ft — 3 throws

135 ft — 3 throws

150 ft — 3 throws

165 ft — 3 throws

180 ft — 3 throws

195 ft — 3 throws

195 ft + (optional — 5-10 minutes of additional throwing at same distance or increase distance if the arm “asks” for it)

180 ft — 1 throws

170 ft — 1 throws

160 ft — 1 throw

150 ft — 1 throw

140 ft — 1 throw

130 ft — 1 throw

120 ft — 1 throw

110 ft — 1 throw

100 ft — 1 throw

90 ft — 1 throw

80 ft — 1 throw

70 ft — 1 throw

60 ft — 5 throws (or more if needed)

*** Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

Week 3 — (Monday, Tuesday, Thursday, Friday)

40-60 ft — 15 throws

75 ft — 10 throws

90 ft — 5 throws

105 ft — 3 throws

120 ft — 3 throws

135 ft — 3 throws

150 ft — 3 throws

165 ft — 3 throws

180 ft — 3 throws

195 ft — 3 throws

210 ft — 3 throws

225 ft — 3 throws

225 ft + — (optional — 5-10 minutes of additional throwing at same distance or increase distance if the arm “asks” for it)

210 ft — 1 throw

200 ft — 1 throw

190 ft — 1 throw

180 ft — 1 throw

170 ft — 1 throw

160 ft — 1 throw

150 ft — 1 throw

140 ft — 1 throw

130 ft — 1 throw

120 ft — 1 throw

110 ft — 1 throw

100 ft — 1 throw

90 ft — 1 throw

80 ft — 1 throw

70 ft — 1 throw

60 ft — 5 throws (or more if needed)

*** Flat Ground Work Tuesday/Friday — (15 Change-Ups, 10 Light Breaking Balls)

Week 4 — (Monday, Tuesday, Thursday, Friday)

40-60 ft — 15 throws

75 ft — 10 throws

90 ft — 5 throws

105 ft — 3 throws

120 ft — 3 throws

135 ft — 3 throws

150 ft — 3 throws

165 ft — 3 throws

180 ft — 3 throws

195 ft — 3 throws

210 ft — 3 throws

225 ft — 3 throws

240 ft — 3 throws

240 + (optional — 5-10 minutes of additional throwing at same distance or increase distance if the arm “asks” for it)

230 ft — 1 throws

220 ft — 1 throws

210 ft — 1 throw

200 ft — 1 throw

190 ft — 1 throw

180 ft — 1 throw

170 ft — 1 throw

160 ft — 1 throw

150 ft — 1 throw

140 ft — 1 throw

130 ft — 1 throw

120 ft — 1 throw

110 ft — 1 throw

100 ft — 1 throw

90 ft — 1 throw

80 ft — 1 throw

70 ft — 1 throw

60 ft — 5 throws (or more if needed)

*** Flat Ground Work Tuesday/Friday — (15 Change-Ups, 10 Light Breaking Balls)