

LONG-TOSS Q & A

1. Health

- Long toss promotes optimal a.) range of motion; b.) endurance; c.) improved recovery; d.) relaxation and freedom; and e.) ideal preparation prior to aggressive throwing.

2. It's Natural

- Nature is a powerful force. Long toss promotes your most natural, instinctive and intuitive movements. Being natural also promotes freedom, athleticism and your most natural or inherent movement patterns, also known as your mechanics.

3. Arm Strength (Life & Carry)

- Long toss promotes arm strength because the arm gains range of motion from distance. And learning how to translate this freedom into aggressiveness with the right intention promotes greater explosiveness and life on the ball. More freedom equals more explosiveness, and most importantly, safer explosiveness.

4. Feel & Accuracy

- When one long tosses, one has to adapt to several different distances and release points on the way out and on the way in to one's throwing partner. All of these different release points lead to mind and body awareness and sensitivity to the release point, all of which promotes better feel. The mind has to project into space, and thus, use a sense of open focus to help optimize feel.

Again, this goes back to long toss being an instinctive and intuitive art form.

Bonus: One of the greatest benefits of long toss is that there isn't a "pre-determined" number of throws, time, or distance. This is a strength because the arm can evolve and grow void of these restraints