

Outline: From Long toss to Pull Downs



Always problems

- ✓ *Aren't doing things right in our practices*
- ✓ *Throwing program is a combination off warming up properly*
- ✓ *Results amazing*

Program

Phase One: Arm Circles

1. Checkpoints

Phase Two: J-Bands

2. Dual Arm Exercises:
3. Throwing Arm Specific Exercises:
4. Checkpoints

Phase Three: Long Toss

- ✓ **Major Checkpoints on Long Toss:**
- ✓ **Beginners**
- ✓ **Key Points when Long Tossing:**
- ✓ **Why stretching out is critical**
- ✓ **Pull Down**
- ✓ **In order to Pull Down correctly**
- ✓ **Your mental part becomes instrumental**

Questions?