

# Warm Up Throwing Progression

See videos for demonstrations of exercises

Explanation of proper throwing mechanics - <https://vimeo.com/215623471>

## 1. Stretches:

- **Spiderman T-Spine: x5 each side** <https://vimeo.com/230360616>
  - Lunge with right foot out, right hand down, left knee down and left hand behind your head. Rotate elbow up 10 times. Repeat on opposite side.
- **3-point contact Y:** <https://vimeo.com/211325804>
  - Right arm down, right leg back, left knee down directly below hip
  - Perform sweeping motion w/ left arm out then up to Y, then down to ground, then slide back
  - 3 points: 1 - bent 2 - sweep out touching ground 3 - upward into Y
  - Switch sides
- **Supine Twist: x5 each side** <https://www.youtube.com/watch?v=U53GGDdoTfE>
  - Lay on back w/one arm up in the air and one arm out at 45 degree angle toward feet
  - Bend and raise knees and rotate towards arm on ground
- **Adductor Rocker: x5 each side** <https://vimeo.com/230266093>
  - Knee on ground & other leg to the side w/foot on ground
  - Arms out front and rock hips down/up
- **Scap Push Up x10** <https://www.youtube.com/watch?v=5YHZnEsE9hA>
- **Cat/Cow x10** <https://www.youtube.com/watch?v=mU1iRLuVpPw>
- **Arms Circles (Small/Large – Forward/Backward) x10 each**
- **Standing Black Burns x6** <https://www.youtube.com/watch?v=hGD8nvNbWJc>
- **Band Stretches**

## 2. Warm-Up Throwing Movements:

- **Double Kneeling Arm Behind:** <https://vimeo.com/211354387>
  - Start square. Rotate torso and initiate lead arm activation and continue to bring throwing arm back, ball up, elbow parallel to ground or slightly lower. Clear lead arm down and out and accelerate the torso/shoulders forward through ball release.
- **Half Kneeling Arm Behind:** <https://vimeo.com/214814011>
  - Glove side knee down, throwing side knee up. Rotate torso and initiate lead arm activation and continue to bring throwing arm back, ball up, elbow parallel to ground or slightly lower. Clear lead arm down and out and accelerate the torso/shoulders forward through ball release.
- **Staggered Stance Arm Behind:** <https://vimeo.com/211352086>
  - Throwing side foot in front. Sink hips as you rotate torso. Initiate lead arm activation and continue to bring throwing arm back, ball up, elbow parallel to ground or slightly lower. Clear lead arm down and out and accelerate the torso/shoulders forward through ball release.
- **Pivot Throws:** <https://vimeo.com/211332162>
  - Start in reverse stance with throwing hand leg forward and throwing hand behind your head. Rotate body towards partner while pivoting on rear foot. Continue to load arm/ball behind head point glove elbow at target. Clear lead arm down and out and accelerate the torso/shoulders forward through ball release.

### **3. Full Throws to Get Loose**

#### **4. Once Loose:**

- **Infield**
  - Everyday Throws with Bases
  
- **Catcher Long Toss**
  - Slowly back up with regular throw
  - Flat footed long toss
  - Power step or Crow hop long toss
  - Finishers – 84' throws from a semi-crouch

\*\* When long tossing, throws should be long and HIGH.
  
- **Outfield Long Toss**
  - Slowly back up with regular throw
  - Flat footed long toss
  - Power step or Crow hop long toss
  - One legged throws - stand on glove side foot, swing throwing side foot 3 times. Work on developing an explosive forward movement
  - 3 hop, emphasis on:
    - *driving off back foot*
    - *using glove side to pull the backside thru*
    - *good follow thru down and across*
  - Finishers – do or die throws with partner, GB & FB (middle, left, right)

\*\* When long tossing, throws should be long and HIGH.

Also work on receiving/funneling the ball into a throwing position!

Proper outfield throwing technique - <https://vimeo.com/211334210>

Proper catcher throwing technique - <https://vimeo.com/211327734>

2-3 days per week. Use Phase 1 & 3 on non-throwing days.

#### PHASE 1: Prep, Activation & Patterning

|                  |                                 |                     |                           |
|------------------|---------------------------------|---------------------|---------------------------|
| Reverse Throws   | 20 reps (Black 2lb OR Blue 1lb) | 1 set Throwing Side | Med-High Speed            |
| Scap Pulls       | 8 reps (Black 2lb OR Blue 1lb)  | 2 sets Each Side    | Controlled - Medium Speed |
| Bent Elbow Raise | 8 reps (Black 2lb OR Blue 1lb)  | 2 sets Each Side    | Slow and Controlled       |

#### PHASE 2: HLT Foundational Throws - Perform on throwing days

|                             |                               |          |                    |
|-----------------------------|-------------------------------|----------|--------------------|
| Double Kneeling Arm Behind  | 5-8 Reps (Blue, Red OR Green) | 1-2 sets | 1 set @ 25-50% RPI |
| Half Kneeling Arm Behind    | 5-8 Reps (Blue, Red OR Green) | 1-2 sets | 1 set @ 25-50% RPI |
| Staggered Stance Arm Behind | 5-8 Reps (Blue, Red OR Green) | 1-2 sets | 1 set @ 50-75% RPI |
| Pivot Throws                | 5-8 Reps (Blue, Red OR Green) | 1-2 sets | 1 set @ 50-75% RPI |

#### PHASE 3: HLT Dynamic Throws

|                         |                               |                     |                        |
|-------------------------|-------------------------------|---------------------|------------------------|
| Half Kneel Turn & Throw | 5 Reps (Red 9oz OR Green 7oz) | 1 set Throwing Side | 1 set @ 75% - 100% RPI |
| Double Hop Throws       | 5 Reps (Red 9oz OR Green 7oz) | 1 set Throwing Side | 1 set @ 75% - 100% RPI |
| Reverse Rocker Throws   | 5 Reps (Red 9oz OR Green 7oz) | 1 set Throwing Side | 1 set @ 75% - 100% RPI |

**Reverse Throws** – Face away from wall, throwing side knee down and upper body tilted forward so that ball is in front of lead toe. Perform a reverse throw by rotating torso as fast as possible toward wall. Elbow and hand should work above shoulder. Release ball with finger tips up and back of hand facing wall.

**Scap Pulls** – Start with elbow below hand, hand facing down, and elbow flexed less than 90 degree (overhand rowing position). Draw the arm back initiated by the scap, then return to start position. Repeat. On last rep on throwing side only, transition movement to a throw. As arm works back, continue to rotate the torso and clear the lead arm. Accelerate torso and shoulder forward into a throw.

**Bent Elbow Raise** – Start with arm in a bent position, elbow pointed down and hand facing forward. Keeping elbow flexed less than 90 degrees, lift arm slowly up and down, using the scap to elevate ball behind head and then lower to starting position. On last rep on throwing side only, transition movement to a throw. As arm works up, continue to rotate the torso and clear the lead arm. Accelerate torso and shoulder forward into a throw.

**Half Kneel Turn & Throw** – Start in half kneeling position facing away from wall with throwing side knee down. Step thru with throwing side foot, turn, stride and throw.

**Double Hop Throws** – Stand sideways, glove side shoulder facing wall. Balance on throwing side foot (rear foot). Perform a double hop on back foot loading the rear hip. Stride out towards target, rotating torso and shoulders through ball release.

**Reverse Rocker Throws** – Start facing away from wall. Balance on glove side foot while raising throwing side foot by bending the knee. Bring raised foot down and perform a double hop on that foot as you stride out to make the throw.