

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

PHASE 1: Prep, Activation & Patterning

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

PHASE 2: HLT Foundational Throws - Perform on throwing days

Double Kneeling Arm Behind	8 Reps (Blue ball)	2 sets	75% of max effort
Half Kneeling Arm Behind	8 Reps (Blue ball)	2 sets	75% of max effort
Staggered Stance Arm Behind	8 Reps (Blue ball)	2 sets	75% of max effort
Pivot Throws	8 Reps (Blue ball)	2 sets	75% of max effort

PHASE 3: HLT Dynamic Throws

Full throws from catcher's squat	10 Reps (Green ball)	1 set Throwing Side	100% max effort
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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, 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.

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/211329678>

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.