

RAWLINGS TIGERS PRE-GAME, PRE-PRACTICE THROWING PROGRAM

STEP 1

- Begin throwing from **15 feet** on one knee (throwing arm side knee down)
- Emphasis on elbow up, throwing over the front knee
- 5 easy throws

STEP 2

- Throw from **30 feet**
- Face your partner-upper body and feet parallel to your partner
- Feet shoulder width
- No step – all upper body movement
- 5 throws at 60%
- 5 throws at 75%

STEP 3

- Throw from **50 feet**
- Body at 45 degrees to your partner
- Feet shoulder width
- No step – all upper body movement
- 5 throws at 60%
- 5 throws at 75%

STEP 4

- Throw from **80 feet**
- Body at 90 degrees to your partner
- Feet shoulder width
- Step with front foot to throw
- 3 easy throws at 60%
- 3 throws at 100%

STEP 5

- Throw from **100-120 FEET**
- 3 throws at 75% (with slight hump)
- 3 throws at 100% (no hump)

FINISH WARMING DOWN

- Repeat steps 4-3-2
- 3 throws at 60% for each step
- **DO NOT REPEAT STEP 1**

SHORT PERIOD BETWEEN SAME DAY GAMES WARM UP (PLAY-SIT-PLAY)

STEP 2

- 5 AT 60%
- 5 AT 75%

STEP 3

- 5 AT 60%
- 5 AT 75%

STEP 4

- 3 AT 60%
- 3 AT 100%

STEP 3

- 5 AT 75%

STEP 2

- 5 AT 60%

LONG PERIOD BETWEEN SAME DAY GAMES WARM UP (PLAY-SIT-SIT-PLAY)

STEP 1

- 5 THROWS

STEP 2

- 5 AT 60%
- 5 AT 75%

STEP 3

- 5 AT 60%
- 5 AT 75%

STEP 4

- 3 AT 60%
- 3 AT 100%

STEP 3

- 5 AT 60%

STEP 2

- 5 AT 60%