



Phase 3: Throwing

Week 1

Throwing Session: **5-6 minutes. Take out phone and start stopwatch.**

Effort: Work to **60-70%** -Play catch with a partner until 90' then simulate catch to 120'

- No throwing higher than 10-12 feet

Focus: Direction, Deceleration, and Glove Path

****Throw to Feel, Do Not Push the Arm****

1. Rotational Throws - (10 Throws at 40%)

(Feet shoulder width / Upper body rotation - Focus: **Glove Path**)

2. Inline Throws - (10 Throws at 50%)

(Feet Separated, Front Foot pointing to the catcher / Shift weight to back hip

Focus: **Back Hip Rotation** and **Direction**

3. Step into Throws - (10 Throws at 60-70%)

(Back Foot Step / Keep Front Side Close - Focus: **Direction** to the Target)

4. Light Catch to Finish