Long Toss Program

Purpose of Drill:

> ➢ To stretch the throwing muscles of the arm, shoulder and back.
> ➢ To strengthen and increase the stamina of the arm and shoulder muscles.
> ➢ To develop better hand and arm speed which will increase velocity.

Procedure:

> ➢ Run a foul pole, do full body stretch and throw easy to loosen up.
> ➢ Begin long toss by throwing at 60 feet, after every 4 to 5 throws back away from target to 75 ft., 90 ft., 100 ft., 125ft., to 150 ft.
> ➢ When not pitching in a game, this drill should be performed every other day.
> ➢ The long toss program should take only 12 to 15 minutes.

Technique:

> ➢ Get into a stance as you would to catch a fly ball
> ➢ Use an outfielder's crow-hop to gain body momentum and throw with a ¾ overhand throwing motion.
> ➢ Use proper lead arm action – lead with the elbow toward the target and whip it down and in toward the lead hip.
> ➢ Get full extension of the throwing arm toward the target Avoid upper body tilt toward the left for righties, toward the right for lefties through acceleration/deceleration.
> ➢ Flex at the waist during the release and follow through phases
> ➢ Finish with a long, full arc of deceleration of the throwing arm. The throwing hand should end up low outside the lead leg.
> ➢ When at the maximum throwing distance (150 to 180 feet) continue to throw on a line using the natural release point.
>   - Do not throw in an upward plane
>   - If you cannot throw the full distance in the air, throw one-hoppers to partner.
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> ➢ Follow the throw with your body. Transfer the arm and shoulder forces onto your legs and body. Use your lower body strength to make the throw
> ➢ *Repetitions* – make 15 to 20 throws at full distance: 5-6 at 75% effort, 5-6 at 90%, and 5-6 at 100% effort.
> ➢ **Cool down** by tossing easy at 40-50 feet with your partner.

Note: If a pitcher feels early fatigue, shoulder or back strain, stop him from throwing. A pitcher may have to do a modified long toss program at shorter distances and fewer repetitions to build up arm strength and stamina to perform a full, long toss program.