

No throwing first. Warm up to throw. Don't throw to warm up.

Warm ups: Foul line to 40ft off (2/3 to 2nd base)

1. Butt kicks down, high knees back
2. high skip down, long jumps back
3. Shuffle down, shuffle back
4. Frankenstein down, karaoke back
5. 50% sprint down + 100% back (good form)

Team Captain leads

1. L spine and rib mobility: reach up, lean to the side. 5x/side
2. Hip opener standing: forward x5/side, backward x5/side
3. 90/90 switches: x5/side (wet= march in place, knees high x5; Open hips 5x/side)
4. T spine mobility: palms up, squeeze scaps back, down. 5 sec hold
5. Scap pull downs: hands high, bring elbows to sides, palms forward, squeeze scaps x10
6. Rear delt squeeze (thumbs forward) x5
7. reverse fly (thumbs up) x5

Grab a ball. shoulder @ 90, elbow @ 90

Flips x10, Drops x10, Glove int/ext rot x10, Glove ext rot above head (90/90) x10

### Begin Throwing

Wrist flicks x5 from 10 feet apart

cement feet x3, 10 ft, then 15 ft

from one knee x3, 15ft then 30ft

Rockers x3 from 30ft

pitch motion x3 (from the stretch) 40 ft

into longer toss x3 step back x2, to about 60 ft (2nd) (rainbows not lasers)

Shuffle step x3 step back x2 and repeat x5 (rainbows, not lasers) end at 90-100ft

Come back to 60ft. Shuffle step throw hard x3

### Go hit, field, play, etc.

### End of practice Strength (focus on form)

Squat x10, or lunge x10; plank (competition)

### Post Game/Practice (Talk first)

Scap retractions: hands to sky x10

Serratus punches x10

Manual therapy on shoulder x10

Manual therapy on elbow x10

### J-Band each Pitcher warm up and after:

1. Reverse fly x10

2. Scraps retract x10

3. Ext rot x10

4. Serratus Hand Punch x10