

Gamers Long Toss Program

SIX STEP APPROACH TO BUILDING STRONG ARMS

1. BUILD A DEDICATED APPROACH AND ATTITUDE (3 TIMES A WEEK)
2. UTILIZING THE CORRECT CONCEPT OF LONG TOSS (Keep landing foot closed to ensure hips are closed on foot strike)
3. UTILIZING THE CORRECT FUNDAMENTALS OF LONG TOSS
4. USING THE WHOLE BODY, NOT JUST THE ARM
5. RECOGNIZING YOUR TIRED POINT, AND ATTACK IT!

(To build arm strength and arm speed you will need to throw through this phase)

6. STAY MENTALLY DISCIPLINED THROUGH THE ENTIRE PERIOD, ESPECIALLY THE "COOL DOWN"

The Program

1. Stretch and use Throwers 10
2. 60 FT. WARM UP (use upper body throwing drills) 5-7 MIN.
 - Focus on mechanics as you get loose
3. 90-120 FT. NO STRIDE (use lower body throwing drills) 5 MIN.
 - Ball should be thrown on a line
4. 120Ft. and up Cross Behind/Cross In Front (maintain solid throwing mechanics throughout this stage)
 - Work back in 10 ft. increments.
 - Make a minimum of 5 throws at each distance.
 - Throw the ball on a line until you need to put an Arc under the ball.
 - Continue back until you cannot reach your partner in the air.
 - Make 5 throws at maximum distance.
5. Max Distance- to- 75 FT. COOL DOWN

Key Points

- Arm strength, endurance, and arm speed can be significantly increased through long toss, resulting in more VELOCITY and FEWER injuries. An additional 5-8 miles per hour is not an unrealistic or unachievable goal.
- While a partner is nice it is not a necessity. A bucket of balls and a long field are all that is required.
- Measure the distance you are able to throw the ball initially, either by walking it off or using a land mark on the field you use.
- Challenge yourself to get to that distance daily and to move beyond it in time
- Cold weather is no excuse for not following this routine. Put on a couple of layers and get after it.

DO TODAY WHAT OTHERS WON'T SO TOMORROW YOU CAN DO WHAT OTHERS CAN'T!!!!!!