



LONG TOSS PROGRAM

Athletes should be paired as IF/IF and OF/OF combinations. Also – partners should have comparable arm strength. Throwing on an Arc (Separation Increases) / Throwing on a Line (Separation Decreases).

1. Flips – four seam grip, good wrist flip, 90 degree angle, nice loose grip, etc
2. Lay it Down – back it up, fingers hit shoulder, hand below elbow for velocity, glove to chest, use complete body, back to 100 – 120 feet, and feet are shoulder in a half.
3. Torso – feet are double shoulder length, finish in the box, begin hands at chest level, level eyes, break hands at the belly button, point shoulder to target, finish with flat back, follow through, glove to chest, 75 feet, etc.
4. Power Pray (Roll on Back Toes) – glove together at chest, break at belly button, rock back, transfer weight, do not follow through with back leg, balance, 75 feet, etc.
5. Long Toss – slowly increase the distance to maximum effort. Step in front or behind. Work to 300 feet if possible = 85 mph.
** Setup footage markers for each approximate distance (75, 125, 175, 250, 275, and 300)*
** After 4 – 6 accurate throws, players will begin to move back.*
 1. Front or back load and go
 2. Crow hop
 3. Load and go with leg raise

6. Timeframe

Phase	Minutes
1	1
2	2
3	2
4	2
5	10
Total	Approx. 20