

Warm-up and Throwing Routine

Warmup - 6 min

- 2 times through
 - Jogging Jacks - 20 yards
 - Butt Kicks - 20 yards
 - High knees - 20 yards
 - Reverse Lunges - 10 yards
 - Hip open door/close door - 10 yards each
- Fire Hydrants - 8 each side
- Sprinklers - 8 each side
- Inchworm - 5
- Spiderman Lunge - 3 each side
- Palm press and wrist warm up

Arm Circles - 3 min

- Forward palm down (small, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, full -- 9-12 each)
- Backward palm up (small, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, full -- 9-12 each)

Dynamic Balance Drills - 3 min

- Airplanes -- 10 each foot
- Pitchers Side Hops -- 5 left, 5 right
- Skaters - 10 each side
- Side Hops with Turn -- 5 left, 5 right

Throwing Routine

- Standing Wrist Snaps - 30 sec
- $\frac{1}{2}$ Kneeling figure 8 - 30 sec
- $\frac{1}{2}$ Kneeling Power Position - 30 sec
- Standing figure 8 - 30 sec
- Standing Power Position - 30 sec
- Tempo Arm Swings - 30 sec
- Boxers - 30 sec
- Jump Backs - 30 sec
- 180's and 360's - 30 sec each
- Throw on run - 30 sec
- Specialty by Position - 3-5 min
 - Infielders: 2 step; 3 step; 4 step - (field, power, throw, follow)
 - Outfielders: GB's straight, left (spin), right (back hand)
 - Pitchers: picks
 - C's: footwork to 2b, 3b, 1b; recover from knees; throw from knees
- Extension (Regular catch to long toss)- 5-10 min
- 90ft on Top (of ball) - 5-10 throws
- Quick toss - 2 x 30 sec
- Extra:
 - Glove flip competitions - 2 x 30 sec
 - Double Play feeds
 - Rundowns
 - Pitcher picks (w/ inf tags)