

Long Toss & Arm Care (Week 1 - Day 1)

Notebook: BSA (Long Toss Program)

Created: 12/18/2020 11:39 AM

Updated: 12/21/2020 1:53 PM

Author: Jason Finley

Week 1 (Day 1)

Prepare to Throw

Always complete the **Day 0 Warm up** before performing any long toss.

Arc Throwing:

1. (10) Throws @ 20'
2. (3) Throws @ 25'
3. (3) Throws @ 30'
4. (3) Throws @ 35'
5. (3) Throws @ 40'
6. (3) Throws @ 45'
7. (3) Throws @ 50'
8. (3) Throws @ 55'
9. (3) Throws @ 60' *

(take additional throws at this distance...

OR move back a few more feet IF your arm feels like it)

10. (3) Throws @ 55'
11. (3) Throws @ 50'
12. (3) Throws @ 45'
13. (3) Throws @ 40' **

(take additional throws at 40' as part of a cool down)