

LONG TOSS PROTOCOLS

- Ball of foot to ball of foot, 3 steps before throwing. Lead with front foot, back foot, then front foot again.
- Ball in glove to keep tension on left side by squeezing glove at all times
- Enough on throw for slight arc
- Emphasis on squaring hips and shoulders
- Only enough energy/loft to get it to target at 50/60% effort
- 3 min intervals for 12 and under, 5 min intervals for 13 and up

Recommended Distances

1. Start on knees at 30 ft
2. Then stand at 30 ft
3. Move back to 60 ft
4. Move back to 90 ft
5. Move back to 120 ft
 - 5B. Move back to 150 ft for 13 and up
6. Move in to 90 ft
7. Move in to 60 ft
8. Move in to 30 ft

Recommended Times

24 minutes total for 12U players, with stretching pre and post throwing. 45 minutes for 13 and up players, with stretching pre and post throwing.