



EDGEWOOD COLLEGE EAGLE BASEBALL



Arm Strengthening Program

The following exercises should be done before and after any throwing

Using Baseball or Glove Weight for first 2 weeks:

Using 1-2 lbs. (tennis can) after 2 weeks:

1. Shoulder Raise (30 sec.)
2. Scapula Pinch (30 sec.)
3. Arm Circles Forward (4 sizes, 8 reps each size)
(Keep palms up and circles round)
4. Arm Circles Backward (4 sizes, 8 reps each size)
(Keep palms up and circles round)
5. Front Raises (5-8 reps)
6. Side Raises (5-8 reps)
7. Tea Cup Raises (5-8 reps)

Using Tubing:

1. Lateral Raise w/thumb down (8-10 reps)
2. Front Raise w/thumb down (8-10 reps)
3. Hip to Sky Raise (8-10 reps)
(thumb rotates from opposite hip pocket to should level sky)
4. Internal rotations (8-10 reps)
5. External rotations (8-10 reps)
6. Rows (8-10 reps)
7. Slow reverse throwing motion (8-10 reps)



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Winter Long Toss Program

This program is to be done 2 times per week. The Long Toss Program does not begin until you have completed the ‘Arm Strengthening Program’. This is very important, as it will allow you to build a base of arm strength and mechanical soundness. This program does not involve working with a partner, nor does distance matter. You are throwing into a net, aiming for a target in the distance – this allows you to maintain proper form and keep the ball on a straight line. Do not throw to the net, but through the net!

Progression:

1. Form Work:

- A. Figure 8’s – focus is on no stopping (1 set of 5)
- B. Dry throwing from seated position (1 set of 5)
- C. Dry throwing while moving feet (1 set of 5)
- D. Towel throws from kneeling position (1 set of 5)
- E. Towel throws while moving feet (1 set of 5)

Note: Make sure posture is good and eyes remain on target (head still).

2. Light Ball Work (using tennis or whiffle ball):

- A. Feet in place (1 set of 5) – focus on loose arm, closed front shoulder, and extension.
- B. Back knee down (1 set of 5) – focus on loose arm, head on target, directional hand high, and “pull down” phase of follow through.
- C. Seated throwing (1 set of 5) – focus on loose arm, positive posture, high elbow position, closed front side and complete follow through.
- D. 2-shuffle throwing (1 set of 5) – focus on loose arm, positive posture, closed front side, keeping feet under shoulders, and “pulling through” the target.

Note: Make sure your eyes remain on target/head is still.

3. Heavy Ball Work (using weighted ball):

- A. Feet in place (1 set of 5) – focus on loose arm, closed front shoulder, and extension.
- B. Back knee down (1 set of 5) – focus on loose arm, head on target, directional hand high, and “pull down” phase of follow through.
- C. Seated throwing (1 set of 5) – focus on loose arm, positive posture, high elbow position, closed front side and complete follow through.
- D. 2-shuffle throwing (1 set of 5) – focus on loose arm, positive posture, closed front side, keeping feet under shoulders, and “pulling through” the target.

Note: Make sure your eyes remain on target/head is still.

4. Normal Ball Work (using a standard baseball):

- A. Feet in place (1 set of 5) – focus on loose arm, closed front shoulder, and extension.
- B. 2-shuffle throwing (1 set of 5) – focus on loose arm, positive posture, closed front side, keeping feet under shoulders, and “pulling through” the target.

Note: Make sure your eyes remain on target/head is still.

4. Light Ball Repeat (using tennis or whiffle ball):

- A. 2-shuffle throwing (1 set of 5) – focus on loose arm, positive posture, closed front side, keeping feet under shoulders, and “pulling through” the target.

Note: This is where good or bad mechanics can be reinforced.

****TOTAL OF 55 THROWS****