

Long Toss & Arm Care Warmup (Week 1 - Day 0)

Notebook: BSA (Long Toss Program)

Created: 12/18/2020 11:25 AM

Updated: 12/21/2020 2:28 PM

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WARM UP

Prepare to Throw

Complete the Following Warm up before performing any throwing activities.

General Warm up Sequence:

1. Normal slow jog to get blood flowing (appx 200yds)
2. Circle up and normal stretch routine (arms across, overhead, chest, then quads, hamstrings, and groin stretches)
3. Complete the Arm Circles and Surgical Band Warm Ups
4. Conduct regular warm up throwing progression
5. Move to the Long Toss Program for the day.

Arm Circles Warm up:

Forward Circles (Palms Down)

1. (8ea) Small Circles, 1/4 Circles, 1/2 Circles, 3/4 Circles
2. (8) Full Circles
3. (8ea) down to 3/4 Circles, 1/2 Circles
4. (8) Small Circles

Backward Circles (Palms Up)

1. (8ea) Small Circles, 1/4 Circles, 1/2 Circles, 3/4 Circles
2. (8) Full Circles
3. (8ea) down to 3/4 Circles, 1/2 Circles
4. (8) Small Circles

J-Band (Surgical Band) Warm up:

(If you don't have Jaeger Type bands, just work through the motions to learn the routine)

1. (25) Over-the-Head Forearm Extensions
2. (25) Side Extensions (each side)
3. (25) Diagonal Extensions (each side)
4. (25) Forward Flies
5. (25) Reverse Flies
6. (25) Internal Rotation (throwing arm)
7. (25) External Rotation (throwing arm)
8. (25) Elevated Internal Rotation (throwing arm)
9. (25) Elevated External Rotation (throwing arm)
10. (25) Reverse Throwing (throwing arm)
11. (25) Forward Throwing Motion (throwing arm)

Normal Throwing Warm up Progression:

1. (10) Double Knee, ball to head throws @ 10'
2. (10) Single Knee, ball to head throws @ 15'
3. (10) Offset Sticky Feet, ball to head throws @ 20'
4. (5) Lawn mower throws @ 20'
5. (5) Regular Step throws @ 20'
6. Move on to the Long Toss Program for the day.