

## TITANS 250

<u>Reps</u>	<u>Exercise</u>	<u>Hand</u>	<u>Explanation</u>
25	2 Hand Throw		Dominant Hand
25	2 Hand Throw		Non-dominant hand
15	1 Hand Throw	R Mid-Grip	Half way down shaft
15	1 Hand Throw	L Mid-Grip	Half way down shaft
50	Split, Change Hands (Catch L, split to R, pass R, catch R, split to L, throw L)		Change foot position
25	Over the shoulder	R	Throw R, catch R
25	Over the shoulder	L	Throw L, catch L
15	Quick Stick		Dominant Hand
15	Quick Stick		Non dominant hand
20	Stick Fake/Throw		Dominant hand
20	Stick Fake/Throw		Non dominant hand

### Points of Emphasis:

Gloves and helmets are required

Should be 3-5 yards away from wall (quick sticks = 2-3 yards)

Face wall sideways with shoulder pointed to wall (LOADED position) and opposite foot forward

Elbows out - no side arms - top hand over bottom hand when throwing

Elbows off body when throwing....actively turn shoulders to throw

Catch Ball in loaded position

Feet positioning is important - move your feet (opposite foot forward)