

Throwers Information

Throwers 10 Warm Up - Warm up is to be done before and/or during practice between throws. This is considered a constant build up to a full scale throw. (10 exercises with 10 reps)

1. Medicine Ball Slams (10 reps)
2. Medicine Ball Pop Ups (10 reps)
3. Medicine Ball Power Push (10 reps) 5 each side
4. Medicine Ball Twist Toss (10 reps) 5 each side
5. Alternating Hand Push Ups Hi/Low (10 reps)
6. Swivel Hips/Feet (10 reps)
7. Split Jumps (10 reps)
8. Single Leg Line Hops Forward/Back & Side to Side (10 reps)
9. Glide Hops/ Ankle Twists (10 reps) 10 yards
10. Straight Line South African Spins (10 reps)

Additional Drills that are strongly recommended:

1. Glide stops ending in the power position
2. Over exaggerated Glides (Distance)
3. Resistance Band Glides
4. Resistance Band Throws (Shot/Discus)
5. Quarter Turns
6. Half Turns
7. Three Quarter Turns
8. Backwards 7 for Right Handers, Normal 7 for Left Handers

Items to pack and have with you for practice or a meet: (Recommended)

- Cold Weather Clothes
- Implements or carrying case
- Towel(s)
- Throwing shoes (If possible)
 - Plastic (Walmart) Bag to keep shoes in
- Wrist Splint or tape
- Chalk or Sidewalk Chalk
- Large Garbage Bag to put your duffle bag in when it rains

[Possible outside competitions and camps](#)