LONG-TOSS & THE DEVELOPMENT OF THROWING VELOCITY

The ‘Jaegar’ Throwing program is based on a 4-6 week period of Arm Care (Theraband/Tubing) exercises and long toss for the purpose of developing arm-strength and endurance for the upcoming season. This particular program includes a thorough warm-up and exercise routine (with bands) prior to any throwing session.

Fundamental to this throwing program are the following key points:

* The throwing action should be completely loose and tension free (don’t force it) and as you stretch out you should have a significant amount of arc on the ball until you get out to your maximum distance.
* Listen to your arm – If you throw loose and tension free, as you go out you can listen to your arm, and let it guide you how far you go out and how many throws you make on that day. If it feels a bit tight/sore, and it doesn’t loosen up after a couple of throws then you can stop there for the day and come back and try again the next day.

They have a good video file outlining this throwing program that can be found at the following link:

<http://www.youtube.com/watch?v=9w3xwYIx17s>

Here’s a basic summary of their program:

1. **Establish a rest and rebuild phase –** After a busy season, the arm needs an opportunity to completely recover from the stress of throwing. There should be a period of no throwing (or only light throwing) for a minimum of 2-3 weeks followed by a period of re-establishing or building the foundation for the coming season. Depending on the workload of the athlete that season, this period of reduced load could be from a minimum of 2-3 weeks to possibly 2 months. If it’s only a short break (2-3 weeks), it is recommended that they aim to get at least 2 breaks throughout the course of the year (dependant on the individual’s schedule).
2. **Gradually rebuild the volume of throwing (about 2 weeks) –** Gradually reintroduce light throwing, starting with throwing every second day, building both the number of throws and the distance of throws out to about moderate distance. As you warm-up make sure the arm action is completely loose and tension free and give the ball some arc. After about 2 weeks, you should be able to throw on consecutive days.
3. **Stretching Out** **Only (about 2 weeks)** – The time while you gradually extend the distance of your throwing at the start of your long-toss, is referred to as *Stretching Out*. Listen to your arm and progress at your own pace, but make sure the arm action is completely loose and tension free and give the ball some arc. Continue to stretch all the way out to your maximum distance, before coming back in for a light cool down period. Continue in this manner for a period of about 2 weeks.
4. **Stretching Out & Pulling Down (2-4 weeks) –** Stretch out as you did for the previous 2 weeks but introduce the Pulling Down phase as you come back in towards your partner. While still throwing with a loose arm action, Pull Down and throw flat towards your partner (rather than win an arc), with the same intensity that you did with your maximum distance throws. Move in about 10 feet per throw as you move closer towards your partner, and continue to throw with the same intensity as your maximum distance throw for each throw, until you get back to about 60ft. (or a safe distance).

As previously stated, critical point of this throwing program is to ensure the arm is loose and tension free, and you throw with an arc as you go out to maximum distance (Stretching Out), but you throw flat (Pulling Down) with the same intensity as your maximum distance throws, as you come back in towards 60ft.

Another critical point of this program is that you must *listen to your arm*. As you are stretching out you are getting a sense of how it is feeling, and how far you will be able to throw on that day. If you throw with no tension (don’t force it) it minimises the stress on your arm allowing you time to really get loose, before you determine how far you will go on that day.

The structure of this program is somewhat unstructured such that it gives you an opportunity to read how your arm is and only go as far as you feel you are capable on any day. It also does not prescribe a specific number of throws, distance to throw or even number of days of the week, giving the athlete the freedom to get to understand his/her arm and progress at a very individual pace.

**PRECAUTION: Any long-toss program (including this ‘Jaegar’ Throwing Program) will increase the amount of stress on your arm. If you have had recent arm soreness or injury, it is not recommended that you participate in long-toss. Be sure to have developed a significant amount of throwing volume (pain-free) in your arm, before you start approaching any maximum distance or maximum velocity throwing. It is critical that you listen to your arm, but also make sure your progression in terms of the distance (or velocity) of throws and the number of throws each session increases gradually over several weeks.**

More detailed explanation of the ‘Jaegar’ throwing program can be found at the following link:

<http://www.jaegersports.com/press_articles.php?psid=15>

If you have any further questions, please contact the BQ High Performance Manager on the details below.

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