

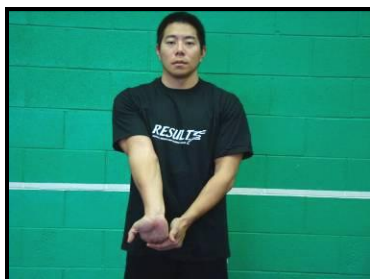
TWO OUT DRILL



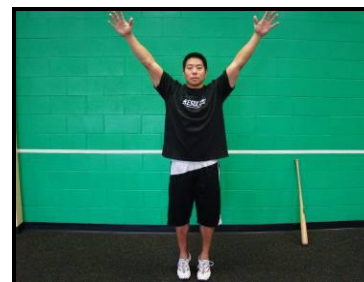
- Re-establish Range of motion between innings.
- Prepares the pitcher prior to throwing
- Performed with Fast Movements*



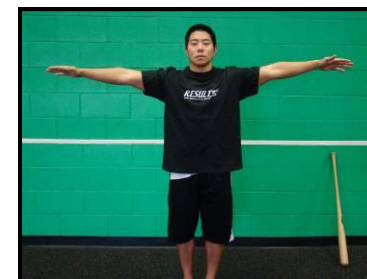
#1 Internal Rotation 1-2x (hold 3 sec)



#2 Elbow Stretch x 2 (hold 3 sec)



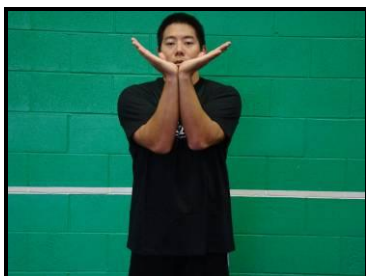
#3 Big Arm Circles x 5*



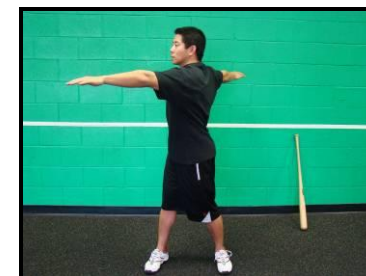
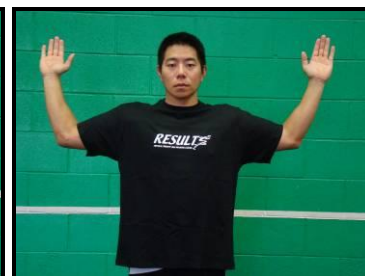
#4 Small Arm Circle x 5*



Start **#5** Forearm Touch x5* Finish



Start **#6** 90/90 x 5* Finish



#7 Trunk Rotation x 5*

OPTIONAL

Recommended before and after throwing ▪ Perform 3x each with sustain holds for 3-5 seconds

