

TWO OUT DRILL



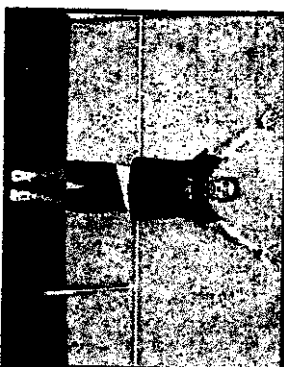
• Re-establish Range of motion between innings. • Prepares the pitcher prior to throwing • Performed with Fast Movements*



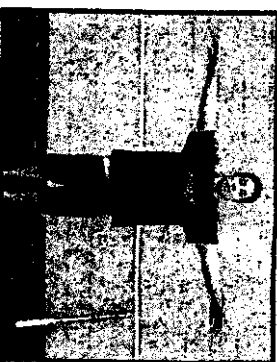
#1 Internal Rotation 1-2x (hold 3 sec)



#2 Elbow Stretch x 2 (hold 3 sec)



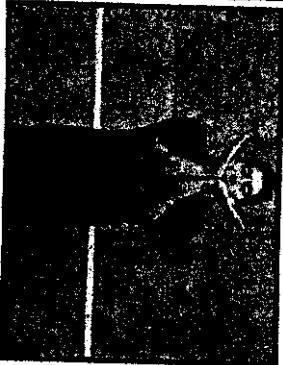
#3 Big Arm Circles x 5*



#4 Small Arm Circle x 5*



Start #5 Forearm Touch x5*



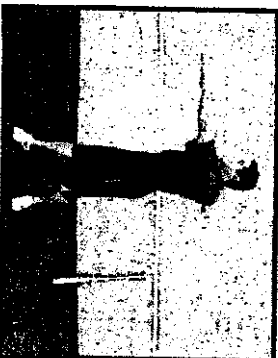
Finish



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

3

