

!!! ALWAYS DO BAND WARM UP PRIOR TO THROWING !!!

	NON-PITCHER	2-WAY PLAYER	PITCHER
MONDAY	Normal Warmup LONG TOSS 2 x 20	Normal Warmup LONG TOSS 2 x 20 FLAT GROUND X 30	Normal Warmup LONG TOSS 2 x 20 FLAT GROUND X 30
TUESDAY	To Comfort Regular Toss 2 x 35	Normal Warmup Positional Throwing w/ Footwork 15 of each footwork (INF) -Regular -Forehand -Backhand -Slow Roller OR (OF) -Ground Ball -Regular Catch -Break Left -Break Right	BULLPEN SET 1. SET 2 5 FB (AS). 5 FB (AS) 3 CV (MID). 5 CV (MID) 3 SL (MID). 3 SL (MID) 3 CH (AS). 3 CH (AS) 5 FB (GS). 1 FB (MID) 5 CH (GS). 2 CV (MID) 1 FB (MID). 2 SL (MID) 2 CH (MID) 2 FB 5 MINUTE BREAK BETWEEN SETS
WEDNESDAY	Normal Warmup Positional Throwing w/ Footwork 15 of each footwork (INF) -Regular -Forehand -Backhand -Slow Roller OR (OF) -Ground Ball -Regular Catch -Break Left -Break Right	BULLPEN SET 1. SET 2 5 FB (AS). 5 FB (AS) 3 CV (MID). 5 CV (MID) 3 SL (MID). 3 SL (MID) 3 CH (AS). 3 CH (AS) 5 FB (GS). 1 FB (MID) 5 CH (GS). 2 CV (MID) 1 FB (MID). 2 SL (MID) 2 CH (MID) 2 FB 5 MINUTE BREAK BETWEEN SETS	Normal Warm Up Light Long Toss 1x25
THURSDAY	Normal Warmup LONG TOSS 2 x 20	OFF	Normal Warmup LONG TOSS 2 x 20
FRIDAY	Normal Warmup Positional Throwing w/ Footwork 15 of each footwork (INF) -Regular -Forehand -Backhand -Slow Roller OR (OF) -Ground Ball -Regular Catch -Break Left -Break Right	Normal Warmup Positional Throwing w/ Footwork 15 of each footwork (INF) -Regular -Forehand -Backhand -Slow Roller OR (OF) -Ground Ball -Regular Catch -Break Left -Break Right	BULLPEN 5 FB (AS) 5 CV (MID) 5 SL (MID) 5 CH (AS) 5 FB (GS) 5 CH (GS) 1 FB (MID)

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