

Bonus Workout and Drills

Long Toss

Instead of trying to reinvent the long toss program, use this program developed by the experts and personal friends of mine at JaegerSports. What this video for more information: <https://youtu.be/UQHnKRQ9s0I>

Here is the link to the complete program PDF file:
<http://www.jaegersports.com/blog/2013/12/03/jaeger-sports-softball-off-season-throwing-program/>

Arm Care

Shoulder Care Program should be performed 4-5 days per week year round using 3-5 pound weights.
<http://www.youtube.com/playlist?list=PLiDiArsztdgthnX6ZrQv9mHgDEBamxCfu>

Bonus Drills				
Long Toss	0 Days per week	0 Days per week	0 Days per week	Only Off Season
Arm Care	4-5 Days	4-5 Days	4-5 Days	4-5 Days