

Thrower's off-season workouts should focus on the following five areas:

- 1) Strength training to develop power– as predicted, I see Performance PE on all of the returning thrower's schedules! Don't forget that there are also opportunities to lift after school if you are not in Performance PE.
- 2) Balance exercises for control and rhythm
- 3) Speed drills for quick movements and explosion in the ring
- 4) Stretching for flexibility and injury prevention
- 5) Mental Preparedness

The following Yoga poses improve ALL five performance areas; spend a few minutes a day incorporating these poses.



Important tips: strength training is only one of many components to help ensure proper and increased throwing distance and can occur outside of the weight room; make sure you are incorporating activities from all five areas. And, using a variety of activities will help reduce the risk of over-training that can be detrimental to your season.

And...remember that practice doesn't make perfect... perfect practice makes perfect!