

“ARM” YOURSELF FOR BATTLE

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- **Minnesota High School Baseball Coaches Association 2018**

- I. Arm Care
 - A. Stretching (Static) Warm it up
 - B. Bands (Jaeger)
 - a. Important to stabilize core to keep emphasis on arm
 - b. No jerking or yanking, stabilize
 - C. Pitch Count Rules by State
 - D. Take Care of Arm, It Will Take Care of You/Team

- II. Long Toss
 - a. Proper Catch (We are good at what we place great focus)
 - i. No Catch & Fetch
 - b. 11/15/21 (Accuracy Game)
 - i. 1 pt for hitting chest
 - ii. 2 pts for hitting face/head
 - iii. -1 for arm side miss
 - c. Distance
 - i. 60/75/90/120 ft
 - ii. Intent with throws avoid major arc

- III. Routines
 - a. 7 Day Starter
 - b. 5 Day Starter
 - c. Reliever

- IV. Off Season
 - a. Rest Arm
 - b. Core Development
 - i. Medi Ball
 - ii. Ladders/Agility
 - c. Strength from weight room
 - i. Avoid over-head strenuous lifting
 - ii. Set Core in all activities

