



Long-Toss Program

Extension Phase: Ball is thrown with arc during all throws. The purpose of this phase is to “stretch out” the arm.

Distance:	Number of Throws:
30 feet	5
45 feet	5
60 feet	5
75 feet	5
90 feet	5
120 feet*	5
150 feet*	3
+10 feet	2

*Little League aged athletes should throw from 105 feet and 120 feet respectively.

Compression Phase: Performed after maximum distance is achieved in Extension Phase. Ball is thrown on a line. The first throw is made at approximately 80% of your max distance, with subsequent throws made working your way down to 70 feet in junks of 15-30 feet. The purpose of this phase is to accelerate the throwing muscles.

Distance:	Number of Throws:
80% max	1
down to 70 feet*	7-11
60 feet*	5-10 light

*Little League aged athletes should throw down to 50 feet and then throw 5-10 light throws at 45 feet