

PRACTICE PLANS

AMBULATORY THROWS – ADVANCED



► **WARM-UP EXERCISES** (follow same warm-up for each workout)

WARM-UP

- 5 Minute jog
- 1X10 Toe walks (10 steps per side)
- 1X10 Heel walks (10 steps per side)
- 1X4 Knee hugs (4 steps per side)
- 1X4 Quad stretch (4 steps per side)
- 1X4 Figure four stretch (4 steps per side)
- 1X4 Straight leg scoop (4 steps per side)
- 1X5 Walking side lunges (5 per side)
- 2X15 Yards fast skips
- 2X15 Yards side skips
- 2X15 Yards high knees
- 2X15 Yards butt kicks
- 3X10 Meter accelerations

WEEK	PRACTICE ONE	PRACTICE TWO	PRACTICE THREE	CHALLENGE
WEEK ONE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X10 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Push-ups – 10 Squat jumps – 10 Med ball russian twists (10 per side) – 10 Med ball reverse lunges (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Coil drill – 1X10 Partner band drill – 1X10 Power leg snap – 1X10 Stepback + throw – 1X10 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 5 Med ball keg toss – 10 Med ball chest pass – 5 Med ball squat toss – 10 Med ball side toss (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X10 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Push-ups – 10 Med ball squats – 10 Med ball overhead sit-ups – 10 Med ball walking lunges (10 per side) 	<p>► CHALLENGE Record your best overhand back and underhand forward</p>
WEEK TWO	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X12 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Push-ups – 10 Squat jumps – 10 Med ball russian twists (10 per side) – 10 Med ball reverse lunges (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Coil drill – 1X10 Partner band drill – 1X10 Power leg snap – 1X10 Stepback + throw – 1X12 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 5 Med ball keg toss – 10 Med ball chest pass – 5 Med ball squat toss – 10 Med ball side toss (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X12 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Push-ups – 10 Med ball squats – 10 Med ball overhead sit-ups – 10 Med ball walking lunges (10 per side) 	<p>► CHALLENGE Baseline testing: – Power throw – Full throw (glide)</p>
WEEK THREE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X14 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Push-ups – 10 Squat jumps – 10 Med ball russian twists (10 per side) – 10 Med ball reverse lunges (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Coil drill – 1X10 Partner band drill – 1X10 Power leg snap – 1X10 Stepback + throw – 1X14 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 5 Med ball keg toss – 10 Med ball chest pass – 5 Med ball squat toss – 10 Med ball side toss (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X12 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Push-ups – 10 Med ball squats – 10 Med ball overhead sit-ups – 10 Med ball walking lunges (10 per side) 	<p>► CHALLENGE Make a paper airplane and record how far you can throw it!</p>
WEEK FOUR	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Coil drill – 1X10 Partner band drill – 1X10 Power leg snap – 1X10 Stepback + throw – 1X15 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Single leg push-ups – 10 180 Jumps – 10 Med ball russian twist catch & toss (10 per side) – 10 Med ball reverse lunges (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X15 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 5 Med ball overhead back – 10 Hop to med ball chest pass – 5 Underhand forward – 10 Med ball shot toss (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3X4 Strides of backwards walks – 3X4 Backwards hop with foot turn – 1X10 Standing release with block – 1X10 Med ball glide to power position – 1X15 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Spiderman push-ups – 10 Med ball squat jumps – 10 Med ball overhead sit-ups – 10 Med ball twisting walking lunges (10 per side) 	<p>► CHALLENGE Record your best PR celebration – GET HYPED!</p>
WEEK FIVE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Coil drill – 1X10 Partner band drill – 1X10 Power leg snap – 1X10 Stepback + throw – 1X15 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Single leg push-ups – 10 180 Jumps – 10 Med ball russian twist catch & toss (10 per side) – 10 Med ball reverse lunges (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X15 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 5 Med ball overhead back – 10 Hop to med ball chest pass – 5 Underhand forward – 10 Med ball shot toss (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3X4 Strides of backwards walks – 3X4 Backwards hop with foot turn – 1X10 Standing release with block – 1X10 Med ball glide to power position – 1X15 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Spiderman push-ups – 10 Med ball squat jumps – 10 Med ball overhead sit-ups – 10 Med ball twisting walking lunges (10 per side) 	<p>► CHALLENGE Record and retest your best overhand back and underhand forward</p>
WEEK SIX	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Coil drill – 1X10 Partner band drill – 1X10 Power leg snap – 1X10 Stepback + throw – 1X15 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Single leg push-ups – 10 180 Jumps – 10 Med ball russian twist catch & toss (10 per side) – 10 Med ball reverse lunges (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 1X10 Godina drill: Med ball triple extension – 1X10 Godina drill: Pivot + triple extension – 1X10 Throw into the ground – 1X5 Toe-knee-hip (5 per side) – 1X15 Power throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 5 Med ball overhead back – 10 Hop to med ball chest pass – 5 Underhand forward – 10 Med ball shot toss (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3X4 Strides of backwards walks – 3X4 Backwards hop with foot turn – 1X10 Standing release with block – 1X10 Med ball glide to power position – 1X15 Full throws <p>► STRENGTH & CONDITIONING 3-4 Rounds of the below exercises:</p> <ul style="list-style-type: none"> – 10 Spiderman push-ups – 10 Med ball squat jumps – 10 Med ball overhead sit-ups – 10 Med ball twisting walking lunges (10 per side) 	<p>► CHALLENGE Retest baseline testing: – Power throw – Full throw (glide)</p>