



## Dominate the Diamond

Throwing Progression  
8 Minute Throwing Program

- 1 - Minute – 15 feet apart
  - Stationary Feet. Perpendicular to the throwing partner. Rotate upper body and throw.
  
- 1 - Minute – 15 feet apart
  - Stationary feet. Feet perpendicular to the partner. Figure 8's with hands & throw
  
- 1- Minute – 20-25 feet apart
  - Rock Forward & Back
  
- 1 - Minute – 35 – 40 feet apart
  - Step & throw
  
- 1 - Minute – 50 feet apart
  - Shuffle & throw
  
- 2 – Minutes – 60 – 70 feet apart
  - Shuffle & throw
  
- 1 – Minute – Max Distance while keeping the ball on a line – Long Toss with partner