

Arm Care Routine

Low-Intent Day

- Warm-up
 - **Hip/Arm Mobility Stretches** (5 min): Dynamic stretches targeting hips, shoulders, and thoracic spine to prep for throwing.
 - **Medball Rotation Slam** (10xEach Side): Hold a med ball at chest height, rotate your torso to one side, then explosively slam the ball into the ground beside your front foot. Reset and alternate sides, keeping hips stable and core engaged.
 - **J-Bands**: Elastic band shoulder routine focusing on external/internal rotation and scap stability to warm up the rotator cuff.
- Workout
 - Weighted Balls (10x each)
 - **Reverse Throws**: Face away from the target, hinge at the hips, and throw the ball backward overhead, focusing on explosive hip and trunk extension.
 - **Pivot Picks**: Start facing wall, use hips to slightly rotate sideways then throw the weighted ball toward the wall, emphasizing hip rotation and sequencing.
 - **Roll-ins**: Keep hips square to wall, take one step forward and throw weighted ball into the wall
 - **Step Backs**: Step back with rear foot before driving forward into a throw, teaching rhythm and weight transfer.
 - **Throw** (5 min): Free throw period focusing on smooth mechanics at low intensity.
- Recovery
 - **Weighted Ball on Trampoline**: Light plyo tosses of a weighted ball into a trampoline, emphasizing smooth catch and controlled deceleration.
 - **Kettlebell Overhead Walks**: Walk while holding a kettlebell overhead with throwing arm, maintaining core stability and shoulder control.
 - **Deceleration Catch**: Kneel with your back to a partner. The partner tosses a weighted ball over your head; catch it overhead and control the downward motion smoothly into your chest, focusing on absorbing the force and decelerating with your core and shoulders.

Arm Care Routine

High-Intent Day

- Warm-up
 - **Hip/Arm Mobility Stretches** (5 min): Dynamic stretches targeting hips, shoulders, and thoracic spine to prep for throwing.
 - **Medball Rotation Slam** (10xEach Side): Hold a med ball at chest height, rotate your torso to one side, then explosively slam the ball into the ground beside your front foot. Reset and alternate sides, keeping hips stable and core engaged.
 - **J-Bands**: Elastic band shoulder routine focusing on external/internal rotation and scap stability to warm up the rotator cuff.
- Workout
 - Weighted Balls (10x each)
 - **Reverse Throws**: Face away from the target, hinge at the hips, and throw the ball backward overhead, focusing on explosive hip and trunk extension.
 - **Pivot Picks**: Start sideways to target, pivot the back foot as you throw the weighted ball toward the wall, emphasizing hip rotation and sequencing.
 - **Roll-ins**: Begin in a compact stance, roll the ball back between legs, then drive forward into a throw using full body momentum.
 - **Step Backs**: Step back with rear foot before driving forward into a throw, teaching rhythm and weight transfer.
 - **Drop Steps**: Start with back to wall, take a couple of quick steps back and quickly rotate to the wall and throw, emphasizing hip rotation and sequencing.
 - **Throw** (5 min): Free throw period focusing on smooth mechanics at low intensity.
 - **Pulldowns** (10x): Start with an aggressive crow hop or run-in and throw on a downward angle toward your target. Focus on accelerating through release and letting your body naturally carry forward after the throw.
- Recovery
 - **Weighted Ball on Trampoline**: Light plyo tosses of a weighted ball into a trampoline, emphasizing smooth catch and controlled deceleration.
 - **Kettlebell Overhead Walks**: Walk while holding a kettlebell overhead, maintaining core stability and shoulder control.
 - **Deceleration Catch**: Partner toss focusing on catching and controlling the ball's momentum to train arm deceleration mechanics.

Pre-Game

- Throw from 15-30-45-60 feet
- Throw Progression
- Bands
- Stretch/Warm-up
- Plyos
- Long Toss
- Mental Preparation

Post-Game Recovery

- Ice (night of outing)
- Cooldown
- Recovery
 - Waiter Walks 3x120 feet
 - Rebounders/Alternative 2x15 Black, Green
 - Shoulder Stability 3x (Fastball, Curveball, Changeup)
 - Band Pull-Apart Series 10x4
 - Eccentric Partner Toss (2x12 Green)