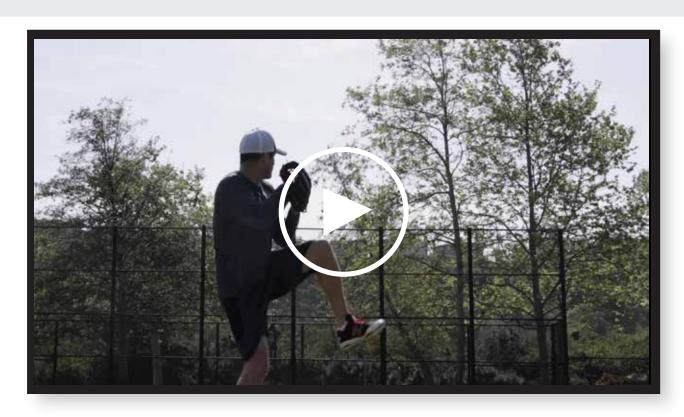


## 2 PHASES OF JAEGER SPORTS LONG TOSS



#### TAKE CARE OF YOUR ARM AND IT WILL TAKE CARE OF YOU

# STRETCHING OUT PHASE

Start by stretching the arm out with relaxed throwing. Throw with arc as you move away from your partner.

# PULL DOWN PHASE

Bring your max distance throw back in towards your partner. Maintain max distance effort all the way back in. Only change focal point and release point.

### BUILD A BASE FIRST

Only implement both phases of Long Toss if you have built up a healthy and strong base of 4-8 weeks of Long Toss with the Stretching Out Phase.