

Resources

JAEGER SPORTS

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.