

CROSSOVER SUPER SET BASEBALL LONG · TOSS PROGRAM

The strength, health and longevity of the arm are three attributes that are vital to the success of a ball player. The Crossover Long Toss Program employs a workload based approach that relies on a balance between arm strength and arm health. Considering that each athlete is unique with regards to mechanics, build, recovery times, practice habits and playing environments, the Crossover Long Toss Program should be used as a baseline rather than a one size fits all approach.

The Crossover Long Toss Program combines two variable long toss programs in conjunction with both the Standard and Advanced Plyometric workouts of the Crossover Symmetry Rotator Cuff and Scapular Strengthening System. The Crossover Symmetry System strengthens the rotator cuff and scapular muscles in sport specific positions at speeds that have never been completed short of doing the sport itself. This system strengthens the fast twitch muscle fibers, which is a major ingredient in improving velocity and lowering the rate of injury in overhead athletes.

The ultimate goal of the Crossover Long Toss Program is to maintain arm health while building a strong foundation in the pre-season. This is accomplished by gradually increasing throwing workloads, which will help to reduce recovery times during the season. By reducing recovery times, pitchers can start post outing workouts sooner, allowing for an additional long toss session and/or bullpen to fine tune mechanics and pitches prior to their next outing. Position players can benefit from building a strong foundation in the pre-season, just as pitchers do, as well as refine their fundamentals with position specific drills.

One of the unique features of this program is the application of Crossover Super Sets. This method alternates three sets of the Crossover Symmetry workout with two sets of the throwing program, building power and endurance to better prepare players for the heavy workloads that they will encounter during the season.

As with any training program, you will get out of it what you put into it. If you follow the instructions and put effort into the drills and exercises, you will undoubtedly see improved arm strength and endurance.

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Special thanks to

Jim Moran, Derek Johnson, Ken Knutson, Dan Huff, and Kenny McCarty.

GUIDELINES

This section outlines the basic knowledge needed prior to starting the Crossover Long Toss Program.

Listen to your arm. This is not a generalized throwing program. The duration and number of throws are determined by how the individual feels. The athlete's awareness of how his arm feels on a particular day is the best guide to determine whether to continue with the throwing program or shut it down. This will also determine the pace in which you and your partner back up to increase the throwing distance. One day, it might take you fifteen throws to reach a distance of 90 feet, whereas the next day it could take you more than 30 throws to reach the same distance because your arm is taking longer to loosen up. *Listen to your arm!* If you feel a hinge that "doesn't feel normal" or cannot be worked out by continuing to throw, "**SHUT IT DOWN!**"

If the player is feeling any discomfort in the shoulder or elbow get it checked out by a licensed professional. Just as our long toss program is designed for players as individuals, arm injuries cannot be diagnosed in a booklet.

Pre-Season is the time when an athlete is not in a structured practice or game setting. The pre-season training starts two months prior to the first day of practice. There is a calendar on page 6 to map out your pre-season training. The pre-season is when you develop your foundation by preparing your arm for the day to day stresses it will endure throughout the season. This foundation is the most important element of the Crossover Long Toss program. If you wait until the season to develop your foundation, it will be more difficult to handle the workloads due to an under conditioned arm, resulting in early fatigue and substandard performance.

Foundation is the arm strength and endurance built in the pre-season. This is accomplished by starting light and gradually increasing throwing workloads, so that the arm is prepared to meet the demands of the season.

In-Season is when the athlete is playing games or practicing with a team on a regular basis.

Position Specific Drills are optional throwing and receiving drills that can be implemented as part of the throwing program. These drills assist the player in developing key fundamentals and footwork required to play their specific position. These drills are performed from 30 to 120 feet in distance prior to reaching the "Long Toss" distance. The drill chart on pages 8 and 9 shows where players should perform each of the throwing and receiving drills on the field. Pages 10 to 12 provide detailed illustrations of all the drills listed on the drill chart.

Throw Hard. Once your arm is loose, throw as hard as you can while maintaining proper mechanics. The harder you throw, the more you will get out of the program. *Focus on putting 100% into every throw.*

Indoor Training. Unless you live in warm weather states, your pre-season schedule will coincide with harsh winter months, making it difficult to complete the program outdoors. You can perform the entire program indoors, by setting a 10 to 15 minute time limit on the long toss program. This time limit is necessary because the players will be unable to reach their maximum throwing distance due to space restrictions.

5 STEPS OF THE LONG TOSS

TOTAL BODY DYNAMIC WARM-UP/RUNNING

Dynamic warm-up and flexibility training are essential elements of any pre-practice or pre-competition routine and helps prepare the body for the demands of a practice or a game. An effective warm-up accomplishes five very important things:

1. Increases body temperature allowing muscles to work more efficiently.
2. Gets the heart and lungs ready for vigorous activity.
3. Stretches muscles actively, preparing them for the forces experienced during a baseball game.
4. Ingrains proper movement patterns and the coordination needed in baseball.
5. Wakes up the nervous system and gets the brain talking to the muscles.

To view a Dynamic Warm-up specifically designed for baseball players go to www.GoCrossover.com.

CROSSOVER SYMMETRY · PRE-THROWING WARM-UP

One set of either the Crossover Symmetry Standard or Advanced Plyometric Workout should be done everyday prior to picking up a baseball. Different from the total body dynamic warm-up, the Crossover Symmetry workout focuses specifically on the rotator cuff and scapular muscles preparing them for high velocity throwing.

THROWING PROGRAM · BULLET OR AIROUT

The Crossover Long Toss Program was designed to give the player or coach two throwing program options, the Bullet or the AirOut. The difference between these program options is that with the Bullet program there is a fifteen foot ceiling (the baseball should not go higher than 15 feet) and with the AirOut program there is no ceiling. By removing the ceiling from the AirOut program, the players will move a further distance apart than with the Bullet program, thus increasing the throwing workload (number of throws).

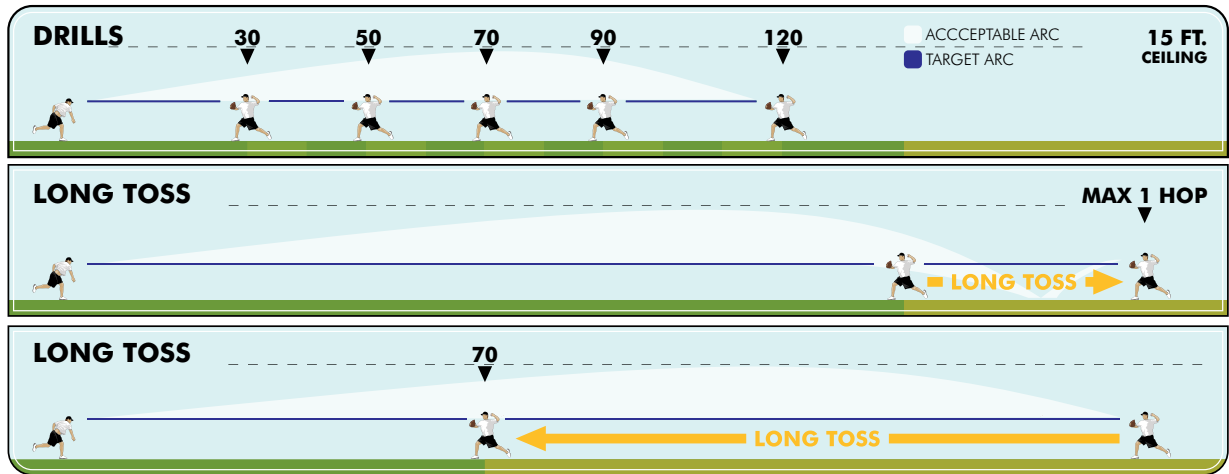
For many years it has been debated whether throwing with or without a ceiling is more beneficial to the player. We believe that there are benefits to be gained from each program as long as maximum throwing distances are reached. The players will be reaching their maximum throwing distance with both program options by utilizing the "Max One Hop" design. The number of throws is going to differ between the program options but the intensity should not. Once the arm is properly loosened at shorter distances, all throws should be performed with 100% intensity while maintaining proper mechanics.

Getting Started

1. Select a partner with similar arm strength and playing position (infielders, outfielders, pitchers & catchers).
2. Start with one person on the foul line with your partner standing 30 feet away.
3. Back up at your own pace not dictated by number of throws or time but rather how long it takes your arm to get loose on that particular day.
4. Once you reach the point where your arm is loose, you should throw at 100% intensity to your partner. At the shorter distances, this means you will be throwing the baseball on a line (i.e. a "bullet").
5. When using the AirOut or Bullet Program, you will reach your maximum throwing distance when you can no longer throw to your partner on the fly. At this point, your partner will gradually move in at the same pace that was used to reach the maximum throwing distance.

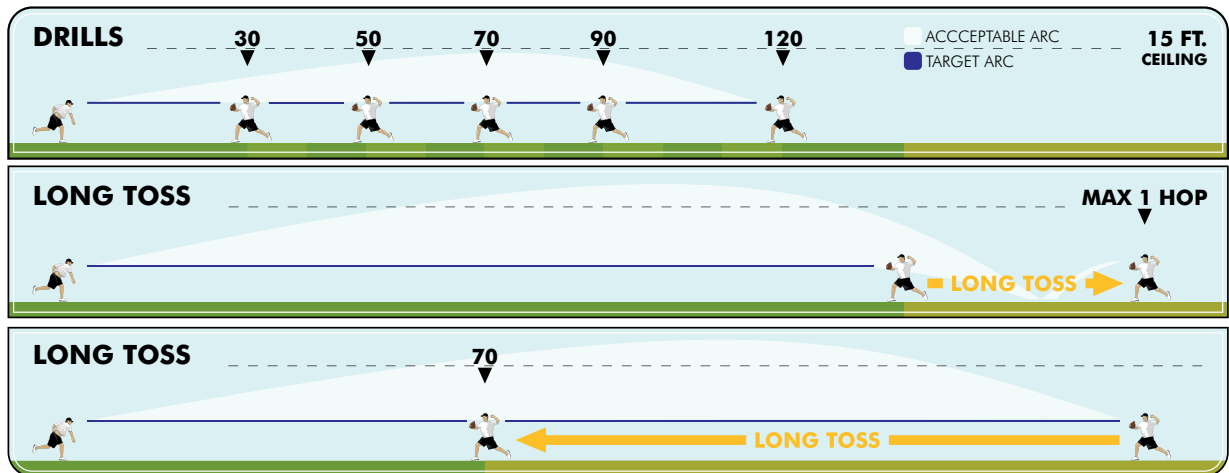
BULLET THROWING PROGRAM

The focus of the Bullet Program is to throw the baseball to your partner at a maximum distance while keeping the ball less than 15 feet off of the ground. Once you reach a distance in which you can no longer reach your partner with a "15ft ceiling" you are at the "max One Hop Location" and can slowly return while maintaining the same intensity of your throws. As a rule of thumb, the time it takes you to reach the "Max One Hop" distance should equal the time it takes you to return to position that you made your first throw.



AIROUT THROWING PROGRAM

The focus of the AirOut Program is to throw the baseball to your partner with the lowest trajectory possible. Just as in the Bullet Program, until you reach the point where you can't reach your partner in the air with a 15 foot ceiling. At this point, instead of stopping and returning closer to your partner, you will increase trajectory to a higher plane in order for the ball to still hit him in the chest. Continue backing up until you can no longer throw the baseball to your partner in the air (this could be upwards of 350 feet). Once you reach this "maximum distance" slowly work your way back in maintaining the same intensity of your throws. As a rule of thumb, the time it takes you to reach the "maximum distance" should equal the time it takes you to return to position that you made your first throw.



CROSSOVER SYMMETRY · POST-ACTIVITY WORKOUT

The Crossover Symmetry post activity workout is one or two sets of either the Crossover Symmetry standard or advanced plyometric workouts. The post activity workout is done because it increases blood flow to the rotator cuff and scapular muscle groups delivering much needed nutrients to start the recovery process. Follow the pre-season or in-season protocols on pages 6 and 7 for details on the type of workout and number of sets to be performed.

CONDITIONING

Much like the Crossover Symmetry post activity workout, the conditioning phase is crucial to speeding up the recovery process. Running for ten to fifteen minutes after your outing will assist in increasing the blood flow to the muscles providing them with much needed nutrients as well as flushing the system of waste by products. Post activity conditioning can be in the form of 10 to 15 minutes of aerobic activity such as running, jogging, sprinting, biking etc.

SINGLE AND SUPER SETS

CROSSOVER SINGLE SETS

A single set of the throwing programs looks like the following:

	DYNAMIC WARM-UP	CROSSOVER	PROGRAM	CROSSOVER	CONDITIONING
BULLET	TOTAL BODY	STANDARD	BULLET	STANDARD	15 MINUTES
AIROUT	TOTAL BODY	ADVANCED	AIROUT	ADVANCED	15 MINUTES

CROSSOVER SUPER SETS

Super sets combine two or more exercises with similar motions to maximize the amount of workload an individual muscle or group of muscles can tolerate. The Crossover Super Sets alternate three sets of the Crossover Symmetry workout with two sets of the throwing program. This method is the heaviest workload offered in the Crossover Long Toss Program and should not be utilized until directed by the pre-season workout schedule. Crossover Super Sets are especially effective in developing arm strength and endurance, which are integral components in developing a strong foundation. The Crossover Super Sets are detailed below and are indicated with an "SS".

	DYNAMIC WARM-UP	CROSSOVER	PROGRAM	REST	CROSSOVER	PROGRAM	CROSSOVER	CONDITIONING
BULLET^{SS}	TOTAL BODY	STANDARD	BULLET	5 MINUTES	STANDARD	BULLET	STANDARD	15 MINUTES
AIROUT^{SS}	TOTAL BODY	ADVANCED	AIROUT	5 MINUTES	ADVANCED	AIROUT	STANDARD	15 MINUTES

PRE-SEASON SCHEDULE

The preseason throwing program is designed for players of all positions. It should be implemented about two months prior to the start of practice. Below is a calendar to guide you through the pre-season. With a pencil, write the date of the first day of practice on the bottom of the calendar and count the days backwards until you complete the chart. This will give you the exact date that you should begin the pre-season throwing program.

If you miss one or multiple pre-season throwing sessions, resume from the point that you left off. Do not skip scheduled workouts.

DATE	PROGRAM	DATE	PROGRAM	DATE	PROGRAM	DATE	PROGRAM
1	BULLET	16	BULLET	31	AIRROUT ^{SS}	46	AIRROUT
2		17	AIRROUT	32		47	
3	BULLET	18		33	BULLET	48	BULLET ^{SS}
4	BULLET	19	BULLET	34	BULLET	49	
5		20		35		50	BULLET
6	BULLET	21	AIRROUT ^{SS}	36	AIRROUT ^{SS}	51	AIRROUT ^{SS}
7	BULLET	22		37		52	
8		23		38	AIRROUT	53	
9	AIRROUT	24	AIRROUT	39	BULLET	54	
10		25	BULLET	40		55	AIRROUT ^{SS}
11	AIRROUT	26		41	BULLET ^{SS}	56	
12		27	BULLET ^{SS}	42		57	BULLET
13	BULLET ^{SS}	28		43	BULLET	58	AIRROUT ^{SS}
14		29	BULLET	44	AIRROUT ^{SS}	59	
15		30		45		60	BULLET
				FIRST DAY OF IN-SEASON			

IN-SEASON SCHEDULE

Once you are practicing and/or playing games regularly, follow the in-season schedule. This protocol is position specific and assigns the appropriate workout for the estimated workloads. We have not designed a formal long toss program to perform in-season because each player's throwing tolerance cannot be standardized. However, *ALL PLAYERS SHOULD PLAY LONG TOSS IN-SEASON*. The player's arm should be prepared by this point to incorporate long toss between two and five times a week. Whether you play long toss twice a week or five times a week will depend upon your personal preference and the foundation that was built during the pre-season. You can utilize both the Bullet and the AirOut program options for your in-season long toss selection. Once a strong foundation is built in the pre-season, the additional long toss sessions should help maintain and/or increase arm strength throughout the season.

STARTING PITCHERS

DAY 1 START

Pre: 1 Set of Standard
Post: 2 Sets of Standard

DAY 2 LIGHT THROWING

Pre: 1 set of Standard

DAY 3 BULLPEN OR LONG TOSS

Pre: 1 Set of Advanced Plyometric
Post: 2 Sets of Advanced Plyometric

DAY 4 BULLPEN OR LONG TOSS

Pre: 1 Set of Standard
Post: 2 Sets of Standard

DAY 5 SHORT WORK

Pre: 1 Set of Standard

DAY 6 START (REPEAT ROTATION)

RELIEF PITCHERS

DAY 1 PITCH IN GAME

Pre: 1 Set of Standard
Post: 1 Set of Standard

DAY 2 VARIES BASED ON PITCH COUNT

A. Pitch Count Less Than 25

Pitch in game or Short Work
Pre: 1 set of Standard
Post: 1 set of Standard

B. Pitch Count More Than 25

Off Day: Light Throwing
Pre: 1 set of Standard

POSITION PLAYERS

EVERY DAY

Pre: 1 set of Standard

2x PER WEEK (3 DAYS IN-BETWEEN)

Pre: 1 Set of Advanced Plyometric*
Post: 2 Sets of Advanced Plyometric

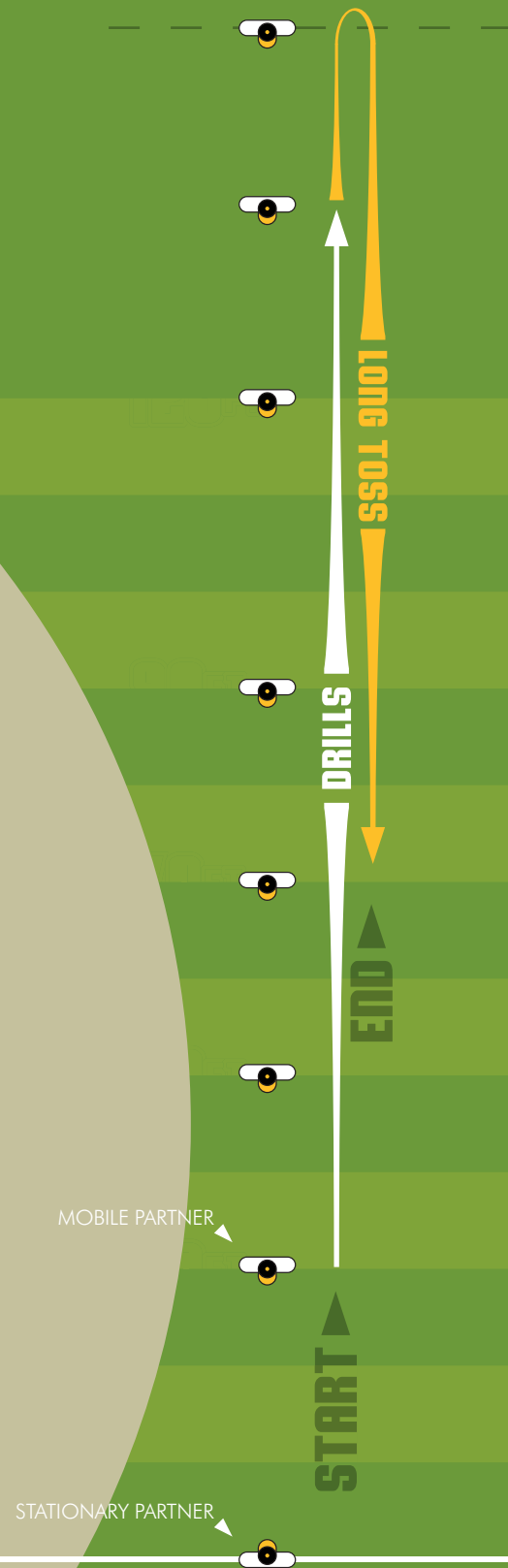
*On these days, perform the Advanced Plyometric Workout instead of the Standard Workout

POSITION-SPECIFIC

DRILL CHART

HOW TO USE THE DRILL CHART

When using the Drill Chart on page 9, begin at 30ft (bottom of the page) with your "mobile partner" gradually backing up at his own pace until he reaches 50ft, 70ft and so on. It is very important to select a partner that plays a similar position and has comparable arm strength so you are able to reach the same "max one hop" distance. The position-specific drills are designed to improve fundamentals by working on throwing, receiving and footwork unique to each fielding position while warming up to begin the "Long Toss" segment. Long toss throwing begins once you and your partner have completed the drills at the 120ft distance. Throwing continues between the partners with the mobile partner backing up at his own pace until the "max one hop" distance is reached. At this distance, the mobile partner returns toward the stationary partner at the same pace used while backing up until he reaches the 70ft position.



LONG TOSS

120FT.

90FT.

70FT.

50FT.

30FT.

RECEIVE	Window Catch			
THROW	Directional Shuffle & Throw (DST)			

RECEIVE	Window Catch	Relays	Window Catch
THROW	Pop to Pop (Throw to Second)	Open & Closed Backhand Ground Balls	Ground Balls & Flyballs DST

CATCHERS CORNER INFELDERS MIDDLE INFELDERS OUTFIELDERS PITCHERS

RECEIVE	Window Catch		Window Catch
THROW	Throw to First & Third Base	Straight & Forehand Ground Balls	Directional Shuffle & Throw

RECEIVE	Window Catch	Double Play Turns	Window Catch
THROW		Closed Stance Throw	

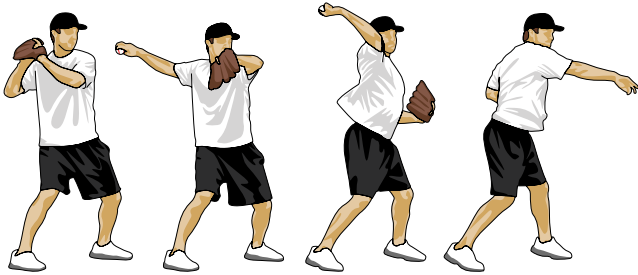
RECEIVE	Window Catch	Double Play Turns	Window Catch
THROW		Closed Stance Throw	

RECEIVE	Window Catch		Window Catch
THROW	Open Stance Throw		

CATCHERS CORNER INFELDERS MIDDLE INFELDERS OUTFIELDERS PITCHERS

DRILL INDEX

BASIC THROWS (THROWING DRILLS)



OPEN STANCE

Position your feet in an open stance, (toes pointing toward your partner) with your glove side foot staggered slightly in front of your throwing side foot. Close your front side shoulder so your shoulders are in a direct line toward your partner. Separate your hands while keeping your feet planted. Establish a solid front side (glove & elbow) and release the ball out front while maintaining good posture and balance.



CLOSED STANCE

Position your feet in a closed stance, toes pointing perpendicular to your partner, with your feet slightly wider than shoulder width apart. Stride toward your partner while separating your hands. Make sure there is continuous motion in the throwing arm. Release the ball out front while maintaining good posture and balance.



DIRECTIONAL SHUFFLE

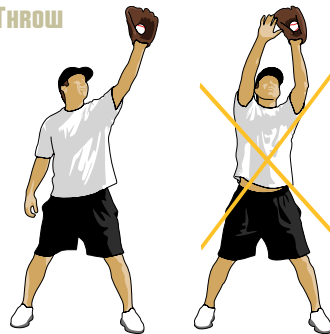
Position your feet in a closed stance, (toes pointing perpendicular to your partner) shuffle your feet forward while keeping your hands together. Once the front foot lands, separate your hands and throw to your partner. The key to this drill is keeping your momentum going forward toward your target, yet not so fast that your arm drags and you lose balance. Have a controlled and steady pace so that you put your body in an athletic position. This will allow maximum velocity to be achieved.

WINDOW CATCH (RECEIVING DRILLS)

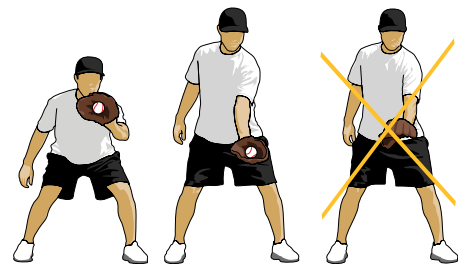
CATCHING WINDOW



HIGH THROW

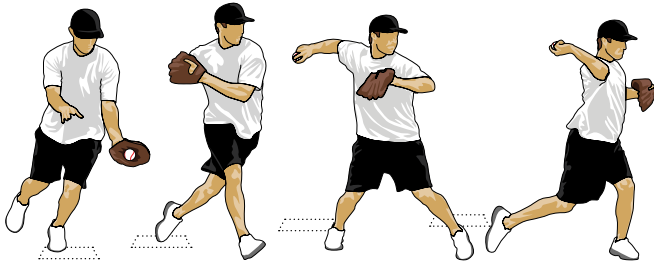


LOW THROW



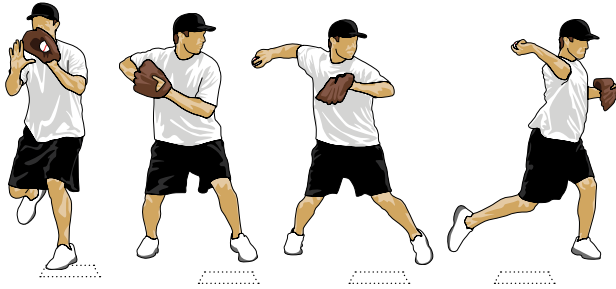
Window catch is how you receive the throw from your partner. The most important aspect of the window catch is moving to the baseball so that you catch it in the middle of your body. An outfield window catch is different than that of an infielder in that you focus on moving behind and through the ball, setting the body up for a throw. As demonstrated in the photos, infielders should get a high throw with only the glove hand and leave the throwing hand near shoulder level. This is a faster transfer as well as a more natural action than bringing both hands up. The second series of photos show a low throw where the infielder lowers his head level by bending the knees or turns the glove over and receives the low throw.

DOUBLE PLAY TURNS (RECEIVING DRILLS)



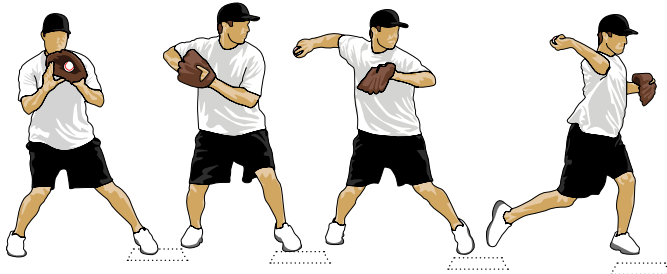
FRONT TURN

In the double play series the infielders use an imaginary second base where they receive throws from their partner and turn double plays. The Front Turn would be used by the second baseman to a slow or late feed from the third baseman to speed up the transfer. With the left foot on the base, catch the ball while stepping forward with the right foot. Right foot must be turned inward on the plant to get the momentum to throw to first base.



BACK TURN

The Back Turn follows the same guidelines as the side turn. The difference is that you receive the ball and move to the back side of the bag to avoid the runner. Once again this drill focuses on moving to where the baseball is thrown and maneuvering the feet to get the body in a good position to throw the ball.

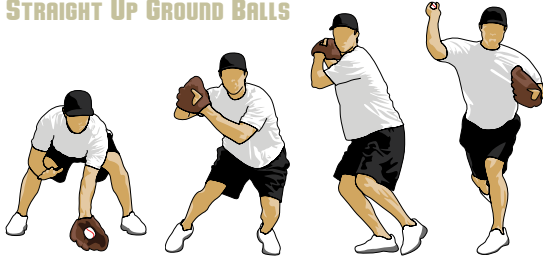


SIDE TURN

With the side turn the infielder will receive the ball as if it were thrown behind the bag and position their body to make a throw to first base. In a rhythmic motion the player will transfer the ball to the throwing hand, while planting the right foot preparing to make the throw. This drill is a receiving drill focusing on footwork and ball exchange, You DO NOT throw the ball.

INFIELDER PLAYS (THROWING DRILLS)

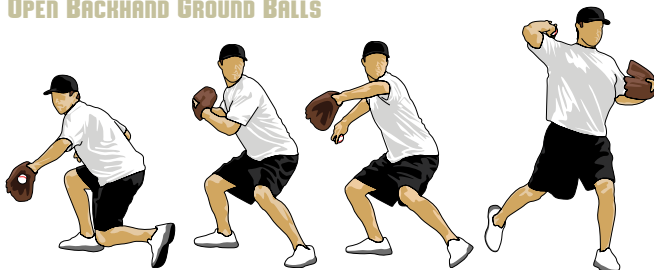
STRAIGHT UP GROUND BALLS



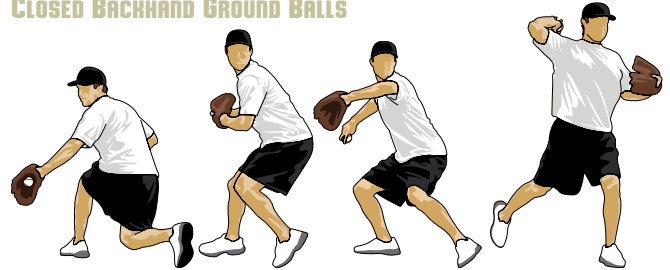
FOREHAND GROUND BALLS



OPEN BACKHAND GROUND BALLS



CLOSED BACKHAND GROUND BALLS



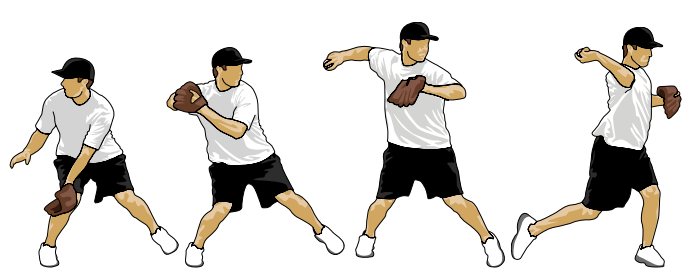
4-Way Ground Balls is a throwing drill where you place the ball in the glove just like you caught a ground ball, and then reposition the feet so the body is in a balanced throwing position. The four starting positions are straight up, forehand, open backhand and closed backhand.

RELAYS (RECEIVING DRILLS)

RIDE AND THROW



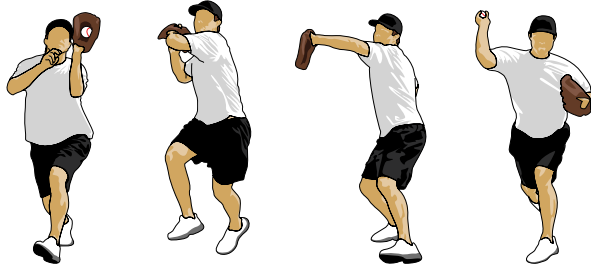
PLANT AND THROW



There are two types of relays: the plant relay and ride relay. The plant relay is used on a low or short hop throw. The player moves to the baseball and plants his back foot while catching the short hop or low throw. He then steps with the lead foot and throws. On the ride relay the player moves to the baseball in the same fashion as the plant and throw. However, instead of planting the back foot, he shuffles his feet while catching the ball, creating momentum toward the target. The ride relay is used on all relays other than short hops and low throws, because it is a faster transfer and creates momentum toward the target. This drill is a receiving drill focusing on footwork and ball exchange; you DO NOT throw the ball.

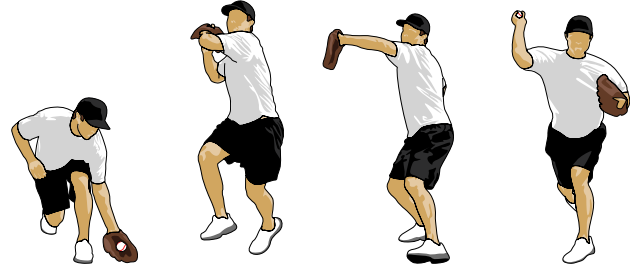
OUTFIELDER DRILLS (THROWING DRILLS)

FLY BALLS



Start with the ball in your glove in what is your set position. Imagine a fly ball hit to the point at which you are standing. Take a drop step to get behind the baseball. Act as if you caught the ball just above shoulder level. With your momentum moving forward, exchange the ball and throw with a crow hop to your partner.

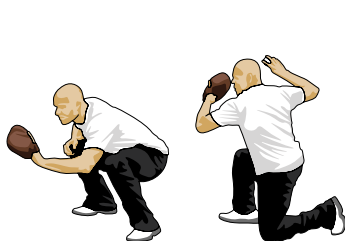
GROUND BALLS



Start in your set position with the ball in your glove. Act as if a ground ball was hit directly at you. Take a few steps to charge the ball and breakdown and field the ball as if there is a runner on base, moving through the ball. Bend at the knees, not at the waist; this will help you maintain momentum. Imagine yourself fielding the ball out front, and then make the exchange and throw with a crow hop to your partner.

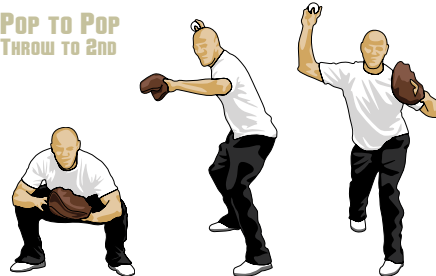
CATCHER DRILLS (THROWING DRILLS)

SNAP THROW TO 1ST



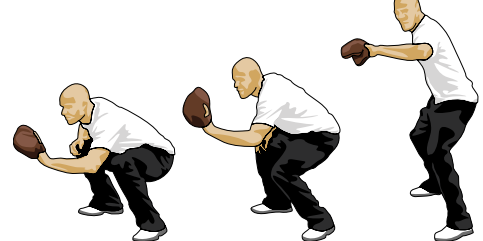
Set up in a catcher's stance facing an imaginary pitcher with ball in glove. The position of your body should be as if your partner was playing first base. Drop your glove side knee to the ground while rotating your torso clockwise, and exchanging the ball. Throw from your knee to first base.

POP TO POP THROW TO 2ND



Start in a catcher's stance with the ball placed in the glove. Jump up turn clockwise positioning the feet and shoulder in line with second base. Exchange the ball from the glove to hand and bring throwing arm straight back. Stay low and behind the plate. Without a stride, rotate the hips and torso to generate throwing power. Stay on top of the ball, and throw downhill towards the base.

THROW TO 3RD



Set up in a catcher's stance, facing an imaginary pitcher and position your feet as if your partner is the third baseman. Exchange the ball, and bring the throwing arm straight back while taking a short shuffle of the feet towards third base behind the hitter. This creates a throwing lane without interference of the batter. Your feet and shoulder should be in line with your target. Throw, and follow through.

RECOMMENDED PACKAGES FOR USE WITH THE LONG TOSS



INDIVIDUAL 1000 HYBRID PACKAGE



TEAM TEAM HYBRID PACKAGE



ORDER ONLINE AT:
www.GOCROSSOVER.com
OR CALL 719-502-1200

