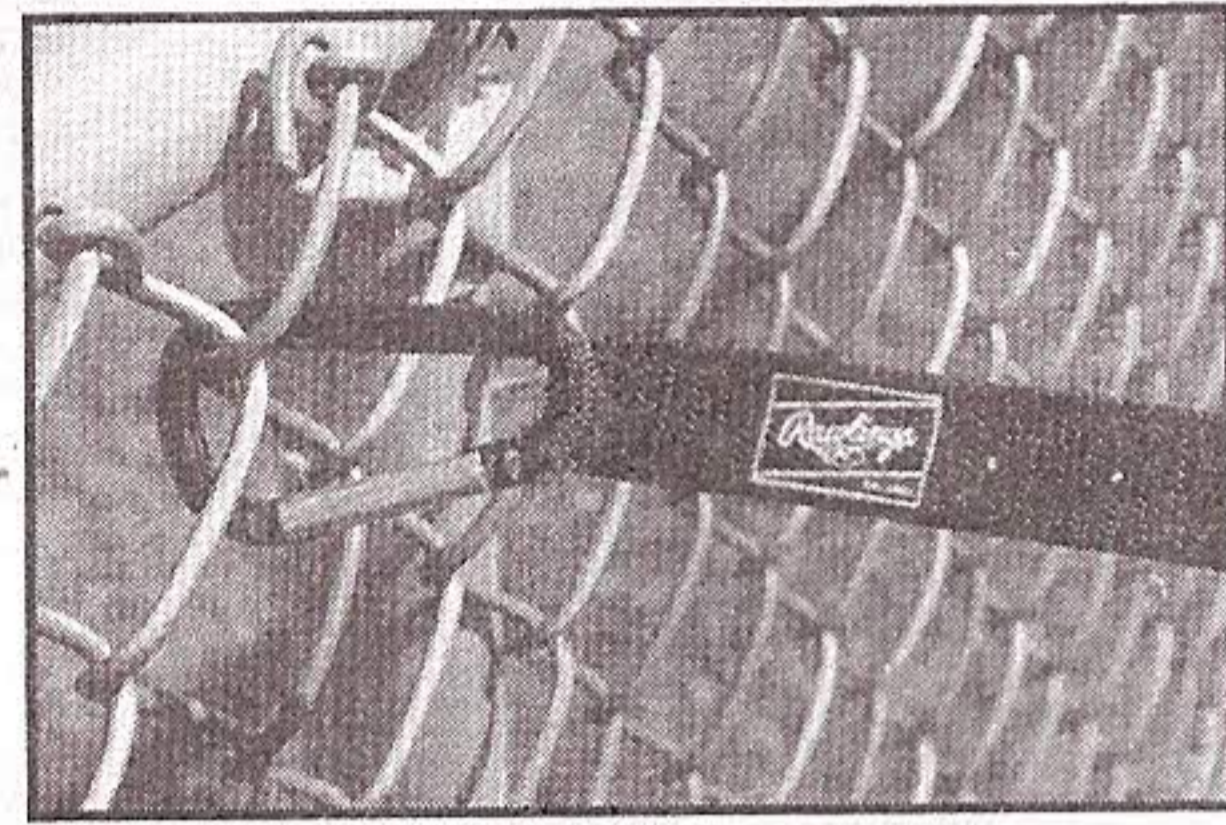


RESISTANCE BALL DRILLS

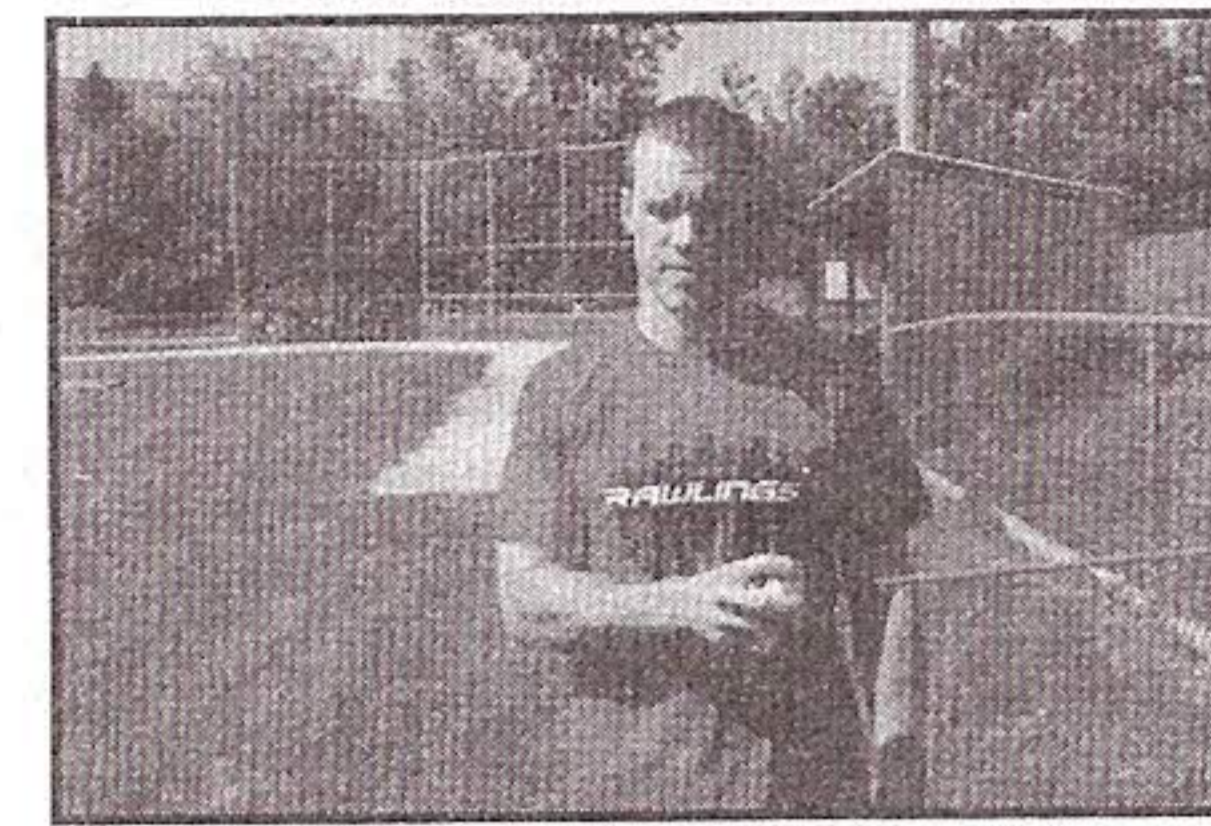
Resistance workouts help build strength and flexibility. Pitchers and players serious about keeping their arm healthy should do these exercises daily. Go through each exercise below in a slow fluid motion. Do 3 sets of 10-15 reps each. Do not overexert yourself as injury could occur. Concentrate on good form.



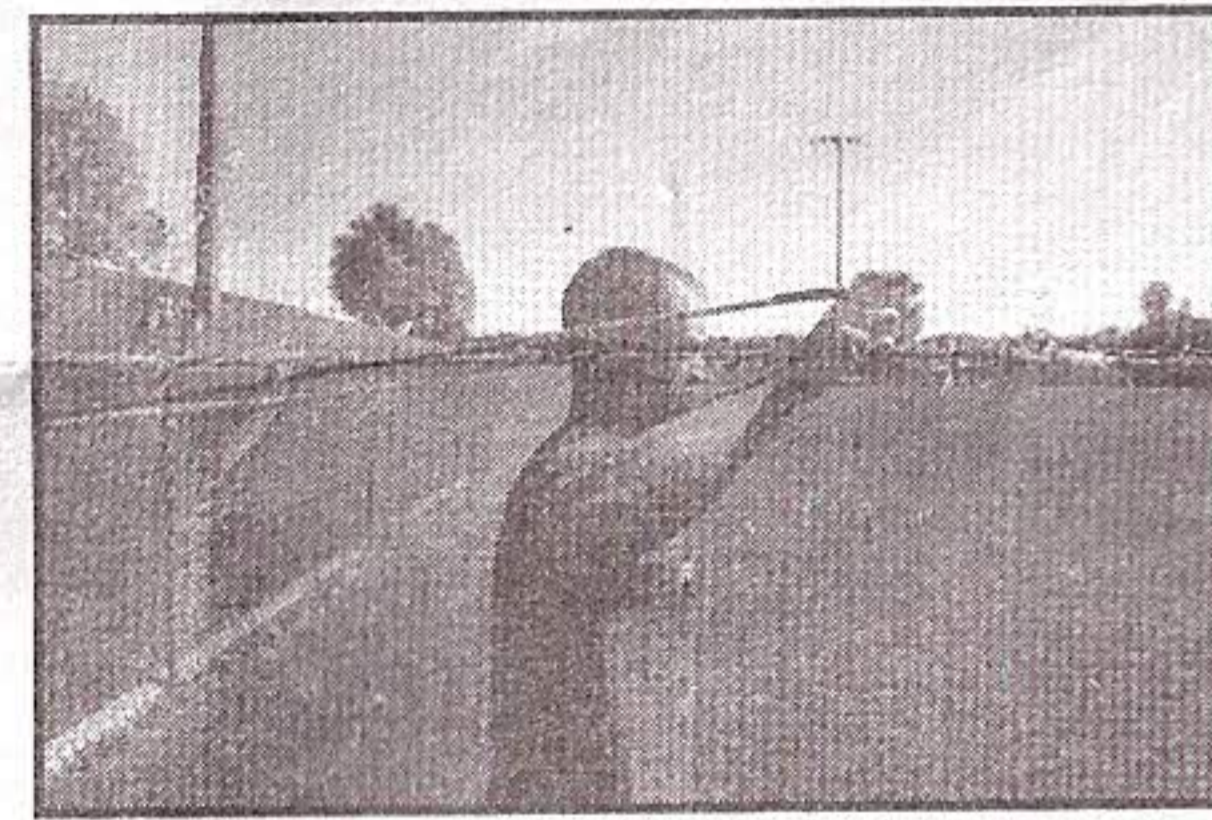
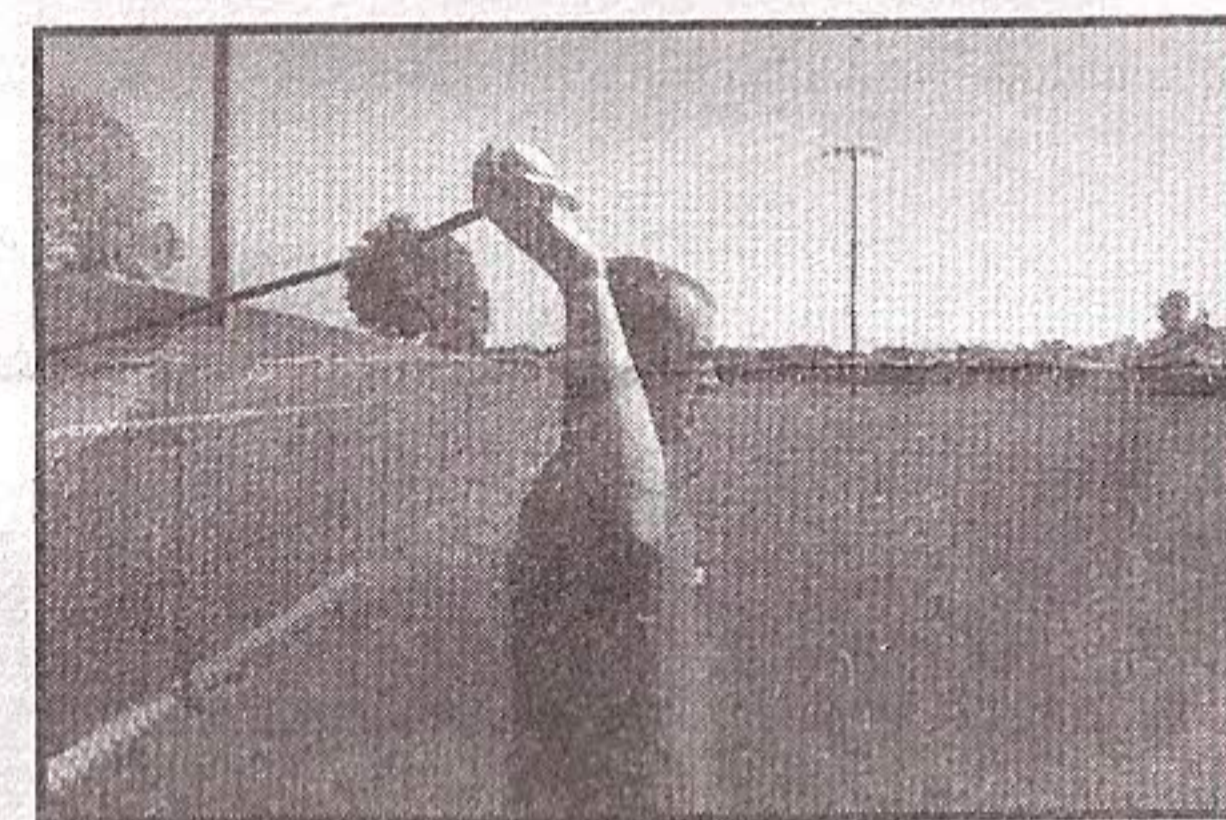
ATTACHING THE RESISTANCE BAND TO THE FENCE



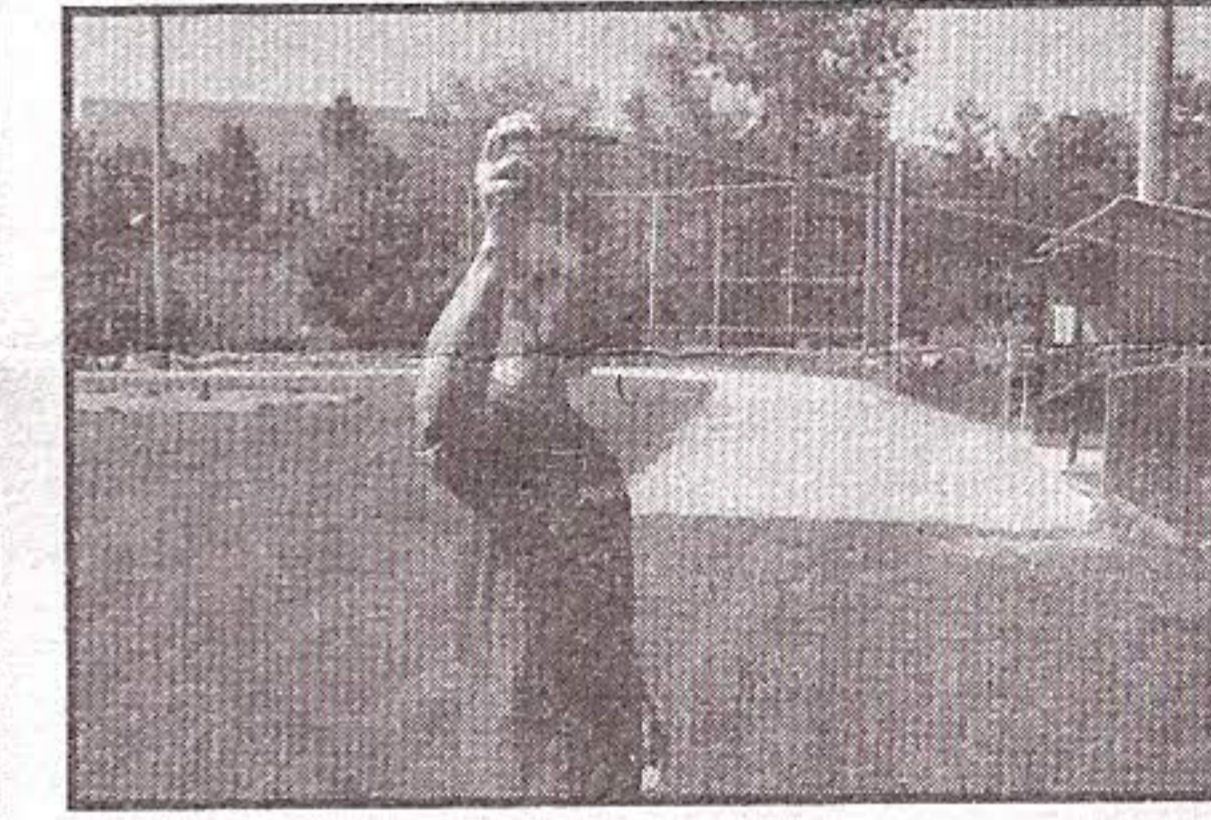
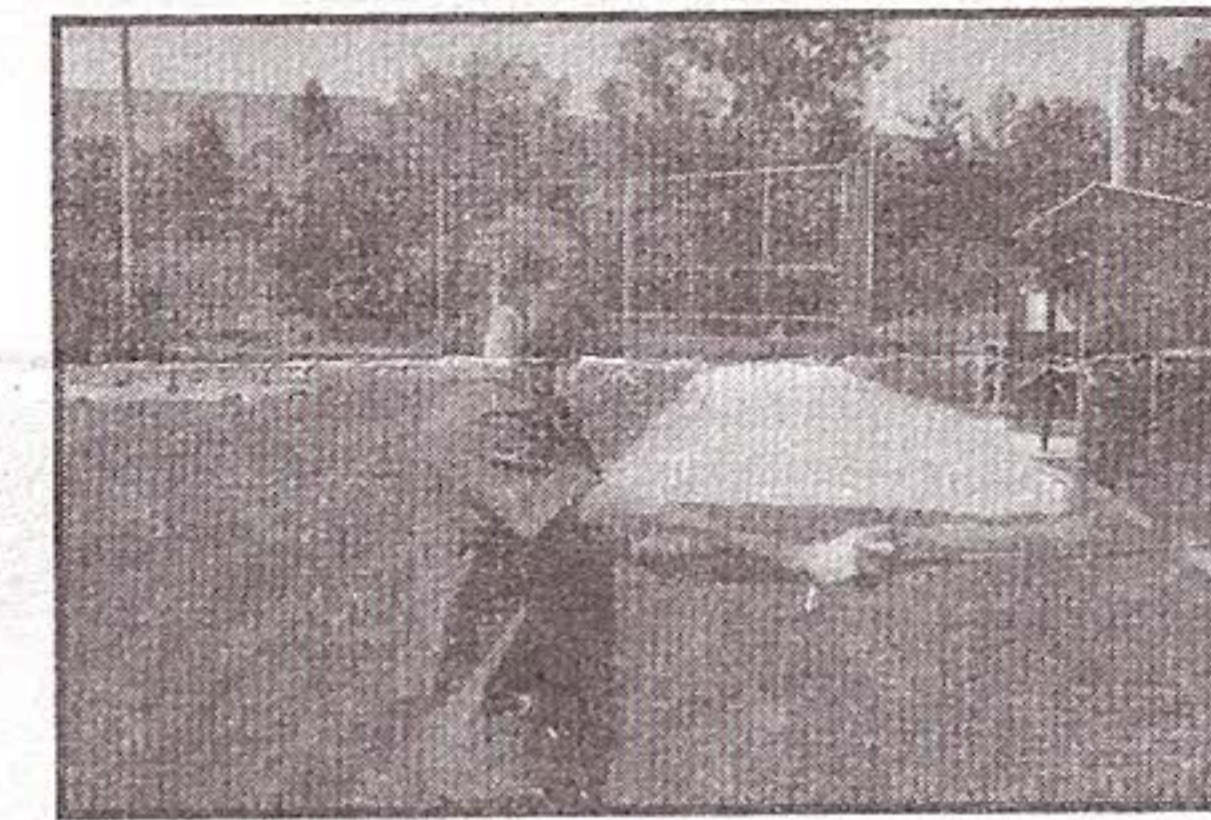
SIDE EXTERNAL ROTATION



ABOVE SHOULDER 90 DEGREE INTERNAL ROTATION



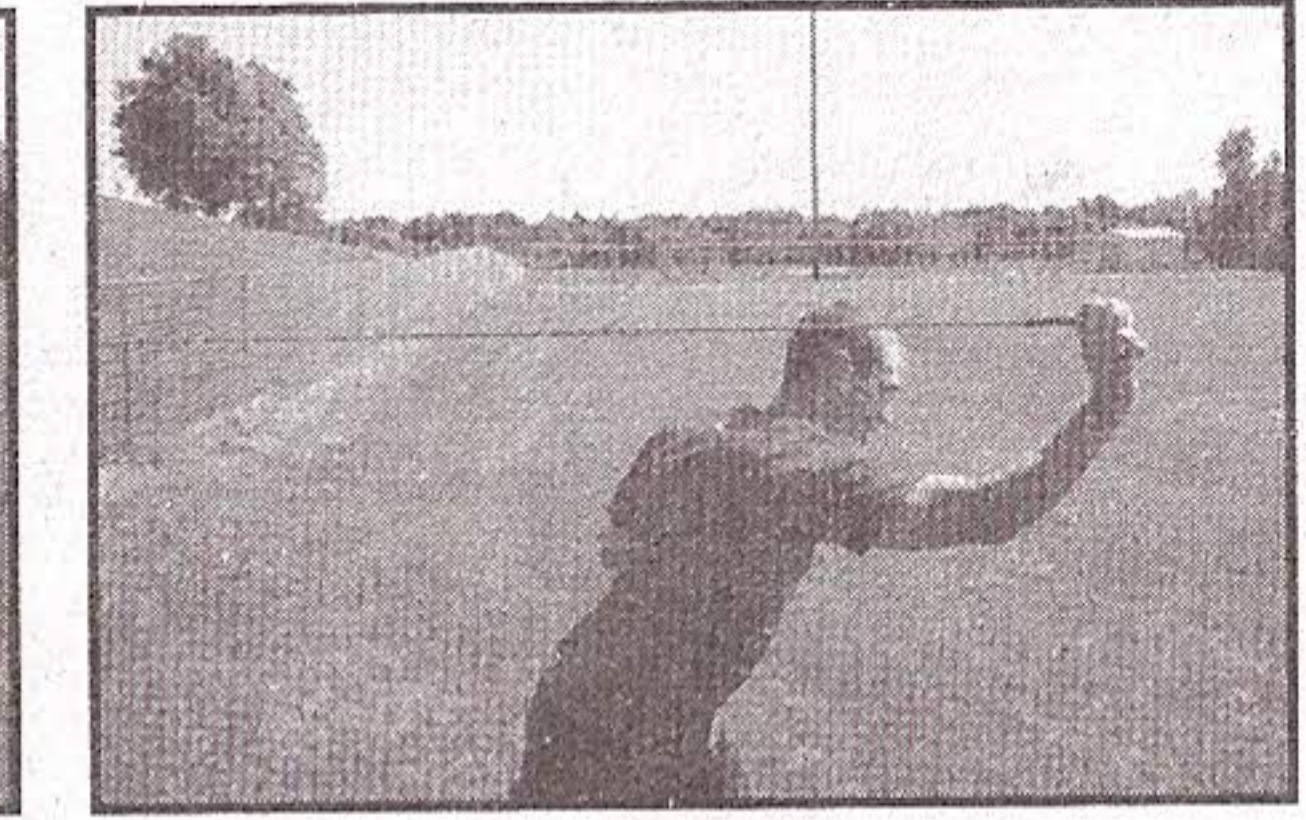
STRAIGHT ARM EXTERNAL ROTATION



SIDE INTERNAL ROTATION



THROWING MOTION



NOTE: Go through throwing motion slowly and concentrate on form and mechanics