

School Baseball Tryouts 'To Do' List

January 6, 2015

With school tryouts 8 weeks away, here are 3 things you can do to get ready:

#3 - Long toss 3 times per week up to 120 feet

While the [current maximum long toss distance recommended by the American Sports Medicine is 180 feet](#), keep your throwing to 120 feet as it is January. You can build up to 180 feet by March/April.

The purpose of long toss is NOT to increase arm strength but to PERFECT TIMING.

You can learn about long toss in [my Baseball Video Library](#).

#2 - Don't get on the mound until you've long-tossed for at least 2 weeks

One of the biggest mistakes is getting on the mound too soon. **Pitching off a mound at 60 feet puts MORE stress on your arm than throwing 120 feet on flat ground throwing.**

#1 - Make sure your shoulder is 'Baseball Strong'

Make an appointment to **get your rotator cuff strength tested** and make sure your shoulder is ready to handle the stresses of throwing again.

Questions About This Newsletter?

Contact (631-352-7654 / PitchingDoc@msn.com) Dr. Arnold!