

## Homework Assignments

Week 5: Medicine Ball Deceleration Training
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1. The most stressful part of the throwing motion is:
  - a. After ball release
  - b. There is no stress on the arm when throwing
  - c. Before ball release
  - d. None of the above
  
2. According to Tom House of the National Pitching Association, '*You can only \_\_\_\_\_ as fast as you can \_\_\_\_\_.*'
  - a. Decelerate / Accelerate
  - b. Accelerate / Decelerate
  - c. Build up / Break down
  - d. Break down / Build up
  
3. What is the proper progression of throwing implements when doing the medicine ball program?
  - a. 2-lb med ball → Baseball → 1-lb med ball → Golf balls
  - b. 1-lb med ball → Golf balls → 2-lb med ball → Baseball
  - c. Golf balls → Baseball → 2-lb med ball → 1-lb med ball
  - d. Golf balls → Baseball → 1-lb med ball → 2-lb med ball
  
4. Before doing the medicine ball program, the BEST way to warm up is to:
  - a. Stretch
  - b. Throw
  - c. Run for 10 minutes
  - d. 2 minutes of weighted jump rope