

Homework Assignments

Week 9 – Long Toss – Video Library Presentation

Fill in the blanks:

The goal of long toss is to perfect the _____ of your throw. That means perfecting the _____ chain, where you properly transfer _____ from your legs → _____ → _____ → throwing arm

The correct pitching motion should last:

- a. 3.3 seconds
- b. 0.75 seconds
- c. 2.0 seconds
- d. 1.3 seconds
- e. None of the above

The recommendation by the National Pitching Association is that the best long toss distance is:

- a. Your pitching distance
- b. Half of your pitching distance
- c. Double your pitching distance
- d. None of the above

What are the current recommendations for long toss?

- a. Throw the ball on a straight line to your target
- b. Throw the ball at a distance no longer than 180 feet
- c. Spend more time throwing off the mound between starts than throwing on flat ground
- d. All of the above
- e. None of the above