

I. Throwing mechanics

- Understanding the body as a model tensegrity
- Joint centration, mobility, and stability
- Key positions in the throwing movement to prevent injury
 - Gather,
 - Stride
 - Landing
 - Release
 - Deceleration

II. Physical Preparation

- Mobility Need
- Stability needs
- Upper body strength needs
- Lower body Strength needs
- Metabolic needs

III. Off-Season Throwing Program

- Basic guidelines
- Laying out the program
- Drills
- Volume and intensity guidelines
- Throwing guideline for age groups