

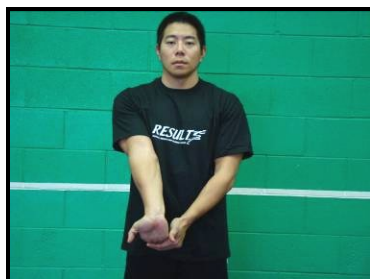
# **TWO OUT DRILL**



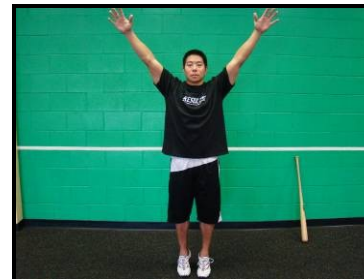
- Re-establish Range of motion between innings. ▪ Prepares the pitcher prior to throwing ▪ Performed with Fast Movements\*



**#1** Internal Rotation 1-2x (hold 3 sec)



**#2** Elbow Stretch x 2 (hold 3 sec)



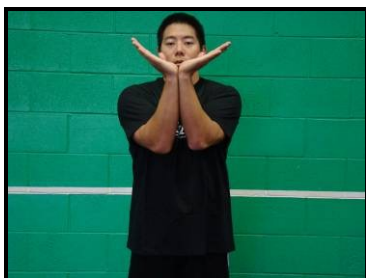
**#3** Big Arm Circles x 5\*



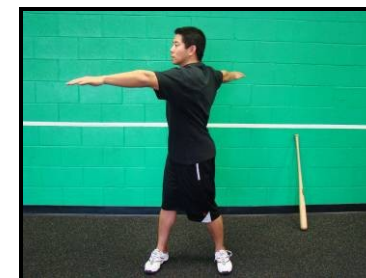
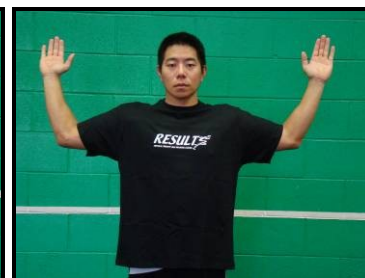
**#4** Small Arm Circle x 5\*



Start **#5** Forearm Touch x5\* Finish



Start **#6** 90/90 x 5\* Finish



**#7** Trunk Rotation x 5\*

## **OPTIONAL**

Recommended before and after throwing ▪ Perform 3x each with sustain holds for 3-5 seconds

