

## Football Throwing Program

(Throwing every other day, unless specified by your physician, therapist or trainer)

### **Warm-up Tossing**

1. 20-25 throws (15-20 yds)

### **Warm-up Tossing**

2. 25-30 throws (15-25 yds)

### **Warm-up Tossing**

3. 2 sets of 25 throws (20-25 yds)

### **Warm-up Tossing**

4. 2 sets of 25-30 throws (25 yds)

### **Warm-up Tossing**

5. 25-30 throws (30-35 yds)

### **Warm-up Tossing**

6. 2 sets of 30 throws (35 yds)

### **Warm-up Tossing**

7. 10-15 throws (40 yds)  
20 throws (25-30 yds)  
20 throws (20-25 yds)(on a line)

### **Warm-up Tossing**

8. 20 throws (40-50 yds)  
20 throws (25-30 yds)  
20 throws (20-25 yds)

### **Warm-up Tossing**

9. 20 throws (25-35 yds)  
20 throws (40-50 yds)  
20 throws (20 yds)(on a line)  
10-15 throws (10-15 yd out)  
(on a line)

### **Warm-up Tossing**

10. 20-25 throws (20-25 yds)  
20-25 throws (45-55 yds)  
20-25 throws (30-35 yds)  
20-25 throws (10-15 yds)(on a line)

### **Warm-up Tossing**

11. 15-20 throws (20-30 yds)  
20-25 throws (40-50 yds)  
20-25 throws (30-40 yds)  
20-25 throws (10-20 yds)(on a line)  
15-20 throws (20-30 yds)(on a line)

### **Warm-up Tossing**

12. 15 throws (20-30 yds)  
20 throws (40-50 yds)  
20 throws (30-40 yds)  
20 throws (10-20 yds)(on a line)  
20 throws (20-30 yds)(on a line)  
15 throws (roll out to throwing side)

### **Warm-up Tossing**

13. 15 throws (20-30 yds)  
20 throws (40-50 yds)  
20 throws (30-40 yds)  
20 throws (10-20 yds)(on a line)  
20 throws (20-30 yds)(on a line)  
15 throws (roll out to throwing side)  
15 throws (roll to non-throwing side)

### **Warm-up Tossing**

14. Progress to Practice Situation