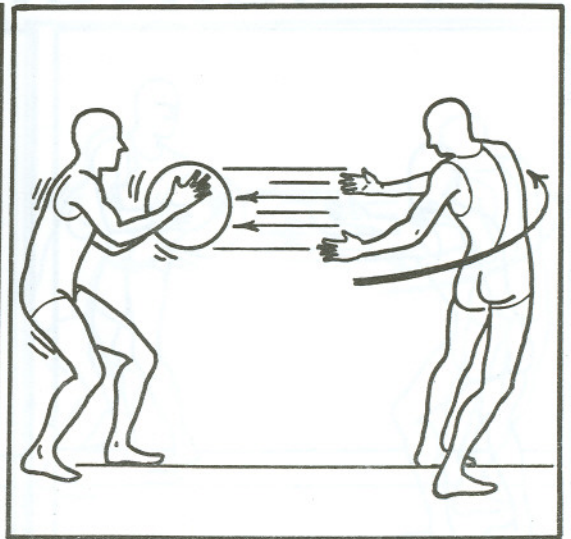
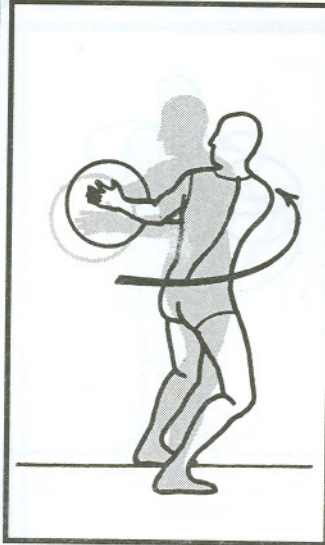
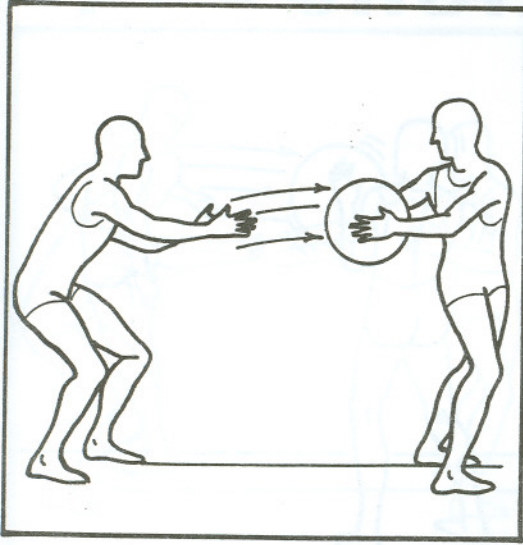


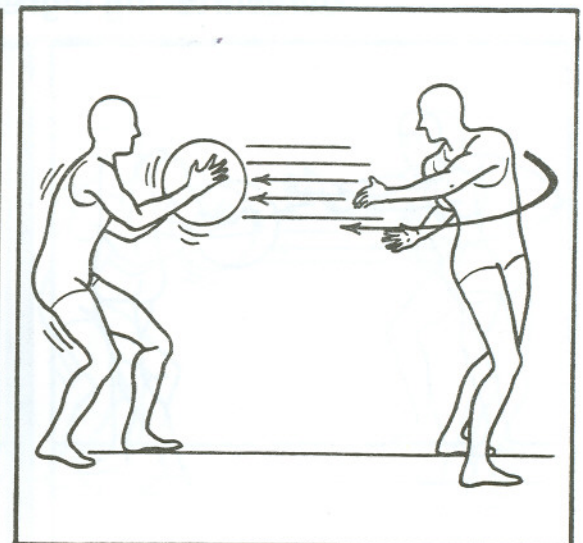
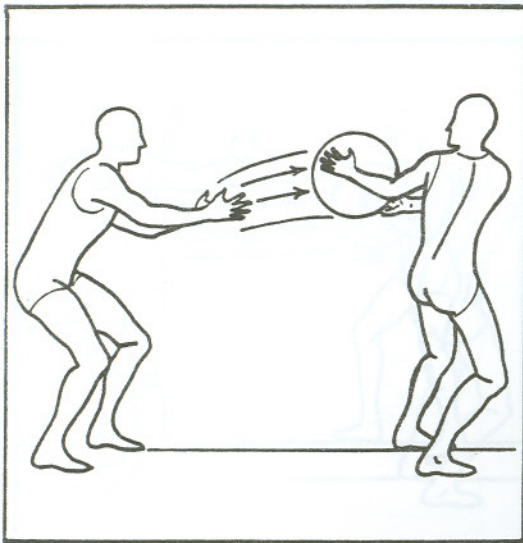
Basic Rotations



Catcher's toss initiates the action...

...thrower initiates effort with hips while receiving the ball...

...accelerating the ball around to the catcher's hands...



Rotations can be performed one side at a time or alternating...

...maintain a strong base with your feet...

...feel the hips continue to lead the action until release...

DO: Review "Cornerstone Exercises" on page 7. Perform Rotations in one direction then the opposite direction or alternate right & left continuously. Use the catcher's chest as your target. Feel hips, spine, shoulders, elbows and wrists rotate and extend sequentially to the target. One variation is to increase the force of the throws gradually and evenly. Stand tall with your weight over your heels.

Don't: Stoop over.