

# COMPLETEGAME

INSTRUCTION.TRAINING.MENTALITY.

## Week 1 Return to Throwing (3 Total Sessions)

Session 1	Session 2	Session 3
20-25 Throws	30-35 Throws	20-25 Throws
60-90 Feet	60-90 Feet	60-90 Feet
40% Effort	30% Effort	40% Effort

## Week 2 Return to Throwing (3 Total Sessions)

Session 1	Session 2	Session 3
30-35 Throws	40-45 Throws	30-35 Throws
60-90 Feet	60-90 Feet	60-90 Feet
40% Effort	30% Effort	40% Effort

### Things To Note:

4-Seam Fastball Grip ONLY

If Arm Feels Good at 60 Feet, Increase Distance  
After Reaching 60 Feet, Add Shuffle Before Throw