

Resources

JAEGER SPORTS

RELIEF PITCHER PROTOCOL



KEEP YOUR ARM WARM THE ENTIRE GAME

STRETCH OUT ARM BEFORE GAME

Open your arm up
with Long Toss
before the game.

LIMIT (OR DO NOT) PULL DOWN BEFORE GAME

Open your arm with
the Stretching Out
Phase before the
game but keep the
arm "open".

INCUBATE THE ARM DURING GAME

Do band work or
light catch through-
out game to stay
ready