

Shoulder Plyometric Program

Throw with arm at side

For the right arm, stand sideways so that your left side is facing a 'rebounder' or wall. Keep the right elbow tucked against your right side with the elbow at a right angle. Throw a 1 to 2 pound ball across the body, keeping the elbow tucked to the side, to the rebounder. Catch the rebounded ball in the same arm position, allowing the arm to comfortably stretch back, and then quickly throw the ball again. Do not pause or stop the ball movement after catching it.



Wall dribbles overhead

Stand facing a wall with your arm held comfortably overhead, above the shoulder joint. Quickly dribble a 1 to 2 pound ball against the wall using your fingertips.



Rebounder throwing

Stand facing a rebounder, with the arm raised in the throwing position. Throw a 1 to 2 pound ball and then catch the rebounded ball in the same throwing position. On the catch, allow the arm to comfortably rotate backward and then quickly throw the ball again. Do not pause or stop the ball movement after catching it.



Decelerations

Kneel on the floor on the knee on the same side of your throwing arm. Flip a 1 or 2 pound ball backwards over your throwing shoulder to a coach or partner standing behind you. Have the partner toss the ball so that you can catch the ball in the throwing position and then decelerate your arm forward through your throwing motion. Quickly flip the ball backward again and repeat.



Wall dribble 90's

Stand facing the wall. Raise the arm into your throwing position. Keeping the elbow close to the wall, quickly bounce a 1 to 2 pound ball against the wall in this position. As you catch the ball, allow the arm to comfortably stretch back into external rotation. Quickly bounce the ball on the wall again. Do not pause or stop the ball movement after catching it.



Wall dribble circles

Stand facing the wall. Raise the arm into an overhead position. Keeping the elbow close to the wall, quickly bounce a 1 to 2 pound ball against the wall using your fingertips. Dribble the ball as you move your arm in an arc from above your head down to shoulder level and back.

