1. **Wrist**: No Glove; On one knee, non-throwing hand holds throwing elbow, wrist flip to partner.    *Distance = 5-6 feet*
2. **Elbow**: No Glove; On one knee, no wind-up, front throw. Focus on extending arm toward partner.    *Distance = 5-6 feet*
3. **Shoulder**: No Glove; On one knee, Reverse C, full throw with follow through to partner.                    *Distance = 10-15 feet*
4. **Elbow, Shoulder**: With Glove; Figure 8 throw, do not move feet, feet shoulder width apart pointed at partner. 2 figure 8’s with arm before throw                                                          *Distance = 10-15 feet*
5. **Wrist, Elbow, Shoulder**: With Glove; Full motion throw, Move into the throwing program. *Distance = 20-25 feet*