

# Discover the Ultimate Off Season Throwing Program with Carla Mooney!

## The Secret to Enhancing Your Throwing Skills and Dominating the Game

Are you a dedicated athlete looking to take your throwing skills to the next level? Look no further than Carla Mooney's Off Season Throwing Program! With this revolutionary program, Carla Mooney has helped countless athletes improve their throwing technique, increase their accuracy, and enhance their overall performance on the field.

## Why Choose Carla Mooney's Off Season Throwing Program?

Carla Mooney is a renowned expert with years of experience in coaching athletes of all levels. Her program focuses on the foundation of every great throw - the mechanics. By fine-tuning your throwing mechanics and making small adjustments, Carla Mooney will help you reach your full potential as a thrower.

Here's why you should consider joining Carla Mooney's Off Season Throwing Program:



## Off-Season Throwing Program

by Carla Mooney (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 382 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 29 pages

Lending : Enabled

Paperback	: 316 pages
Item Weight	: 14.2 ounces
Dimensions	: 5.5 x 0.79 x 8.5 inches



- **Proven Results:** Carla Mooney's program has a proven track record of success. Athletes who have followed her techniques have seen significant improvements in their throwing ability and performance.
- **Individualized Approach:** Unlike generic throwing programs, Carla Mooney tailors her training to fit your unique strengths and weaknesses. With one-on-one sessions, you'll receive personalized coaching and feedback to optimize your throwing technique.
- **Comprehensive Training:** This program covers all aspects of throwing, from grip and release to footwork and follow-through. You'll gain a deep understanding of the mechanics behind a powerful throw and how to consistently execute it.
- **Off Season Advantage:** The off-season is the perfect time to refine your skills and build a solid foundation for the upcoming season. By investing in Carla Mooney's program during this period, you'll gain a competitive advantage over your opponents.
- **Injury Prevention:** Throwing incorrectly can lead to injuries and setbacks. Carla Mooney's program focuses on proper form and technique, helping you prevent common throwing-related injuries and maximize your performance.

## **What to Expect from the Off Season Throwing Program**

Carla Mooney's program is designed to be both challenging and rewarding. Here's an overview of what you can expect when you join:

1. **Assessment:** Carla Mooney will begin by assessing your current throwing mechanics and overall performance. This initial evaluation will provide a baseline to track your progress throughout the program.
2. **In-Depth Technique Analysis:** With video analysis and constant observation, Carla Mooney will identify areas for improvement in your technique. She will work closely with you to correct any flaws and optimize your form.
3. **Customized Training Plan:** Based on your evaluation and goals, Carla Mooney will create a tailored training plan that focuses on the areas you need to develop. Each session will incorporate drills and exercises to address these specific needs.
4. **Progress Tracking:** Throughout the program, Carla Mooney will track your progress to ensure you're steadily improving. Regular evaluations will help identify areas that require additional attention and fine-tuning.
5. **Tips and Strategies:** Carla Mooney will provide valuable tips, strategies, and insights to enhance your overall throwing performance. This knowledge will give you a competitive edge and help you excel on the field.
6. **Mental Preparation:** In addition to physical training, Carla Mooney will guide you through mental preparation techniques to strengthen your focus, confidence, and resilience during high-pressure situations.

## **Testimonials from Previous Participants**



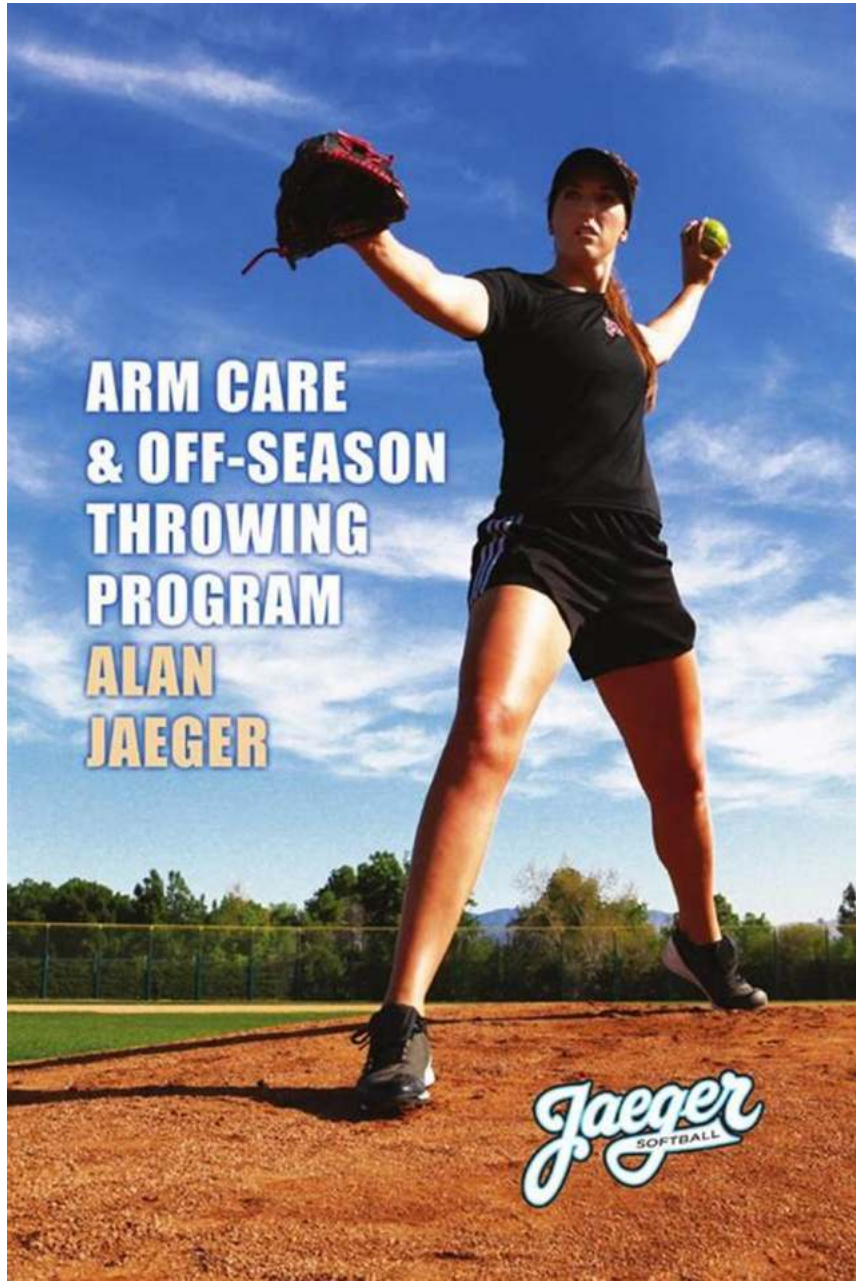
***““Carla Mooney's Off Season Throwing Program transformed my throwing abilities. Her attention to detail and personalized coaching made all the difference. I highly recommend it!” - John Smith, High School Baseball Player”***



***““I joined Carla Mooney's program seeking improvement, and that's exactly what I got. Not only did she help me improve my throwing mechanics, but she also boosted my confidence on the field. The results speak for themselves!” - Sarah Johnson, Softball Player”***

### **Enroll in Carla Mooney's Off Season Throwing Program Today!**

If you're ready to take your throwing skills to new heights, don't miss out on Carla Mooney's Off Season Throwing Program. Improve your technique, increase your accuracy, and dominate the game with Carla Mooney's expertise by your side. Enroll today and become a throwing powerhouse!



2012 – 2013  
ATHLETES IN MOTION



THROWING PROGRAMS



"BUILDING BETTER BASEBALL PLAYERS"

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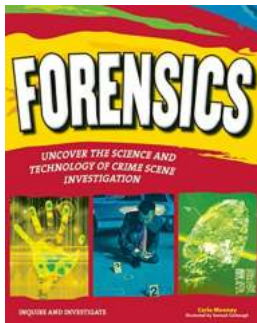
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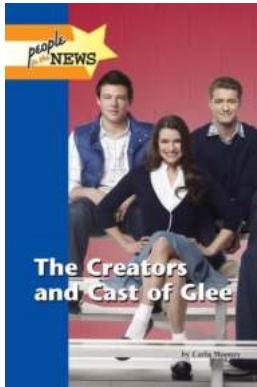
Zane Kelly is the owner of a baseball strength and conditioning training facility and is a notable Strength Coach who works with more professional baseball players each off-season than anyone else in the Northwest.

This book includes 3 complete off-season throwing programs written by Kelly. He provides a program that is used by his professional clients and amateur clients alike. Each program provides pitchers with a comprehensive off-season throwing schedule that has been proven to build a stronger arm, improve throwing mechanics, and reduce the risk of injury.



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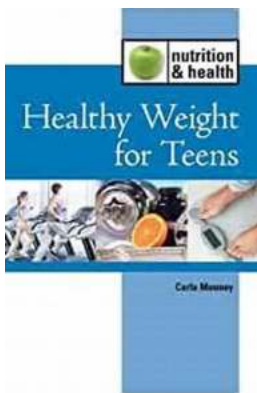
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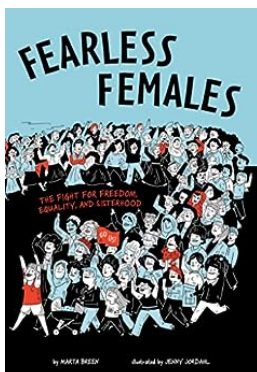
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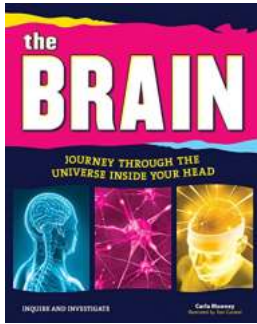
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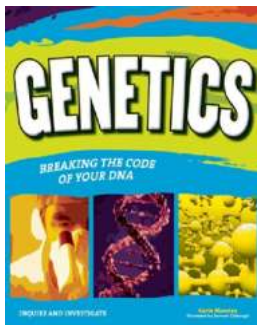
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