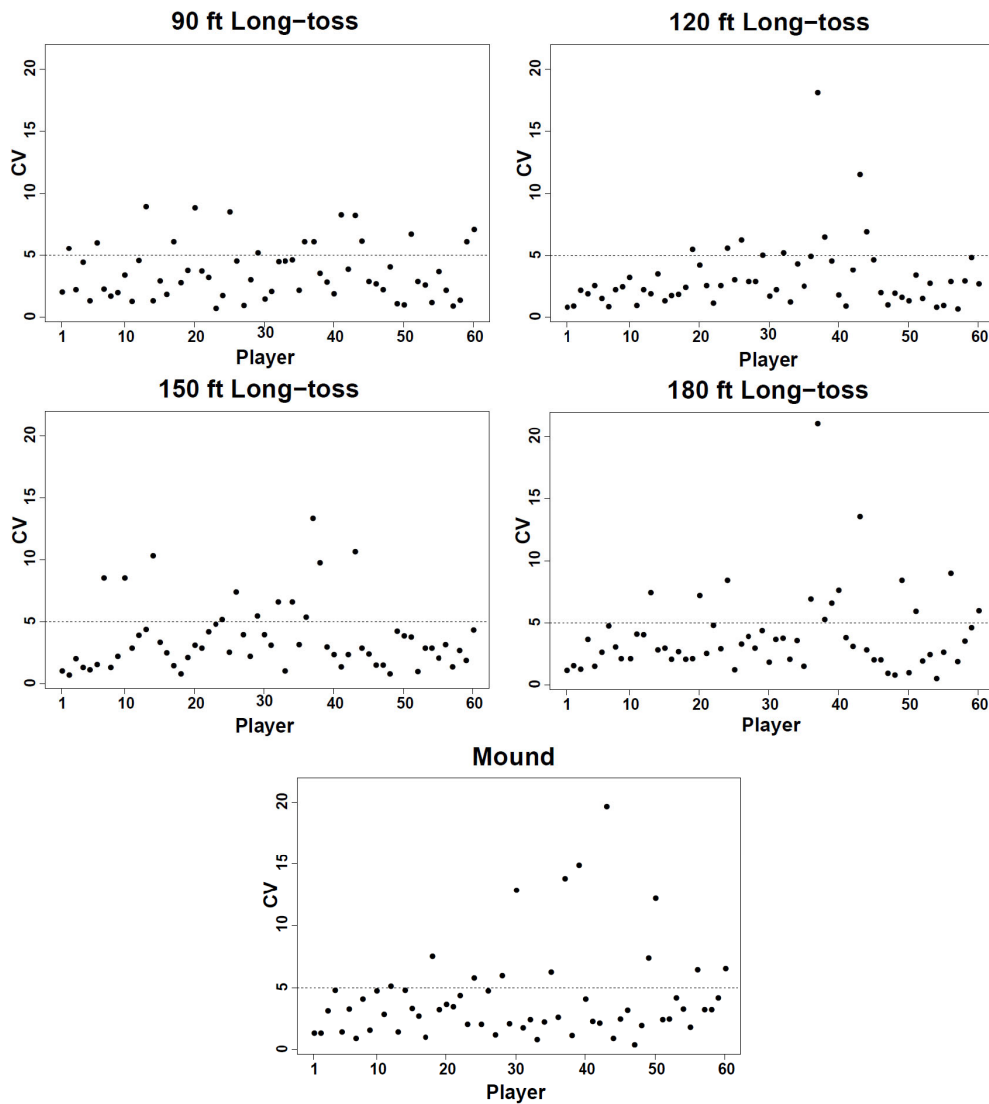


Figure 4A: Elbow torque Coefficient of Variation (CV) across the structured long-toss program

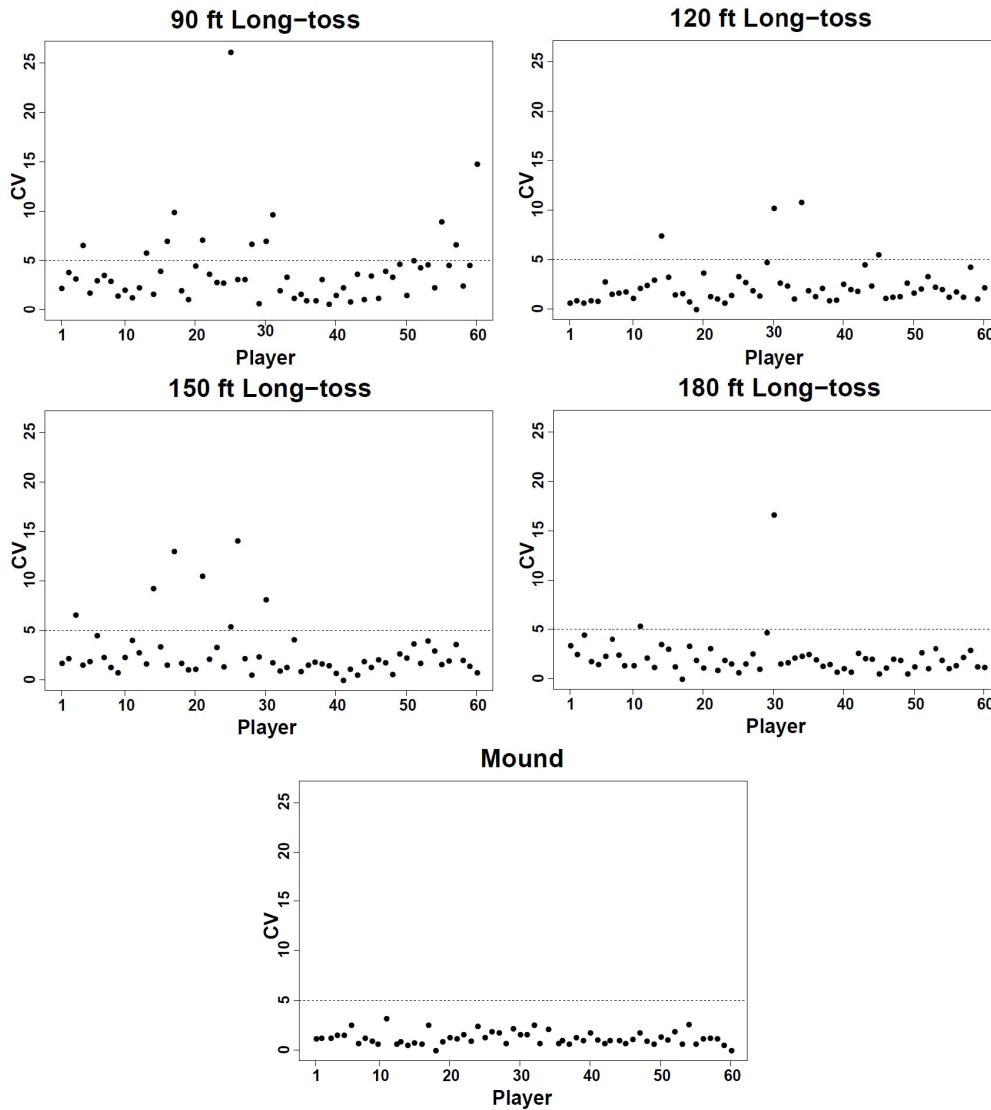


1

2 **Figure 4A: Elbow torque Coefficient of Variation (CV) across the structured long-toss**
3 **program**

4 The dashed line at CV of 5% represents the upper limit of acceptable variability.

Figure 4B: Ball velocity Coefficient of Variation (CV) across the structured long-toss program



5

6 **Figure 4B: Coefficient of Variation (CV) to assess inter-thrower reliability for ball velocity**
7 **across the structured throwing program.**

8 The dashed line at CV of 5% represents the upper limit of acceptable variability.