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## **Softball Interval Throwing Program**

### **General Rules**

1. Break a sweat (jog, jump rope, bike, etc.)
2. Stretch before throwing
3. Throwing program
4. Rotator cuff strengthening
5. Stretch after throwing
6. Ice recovering shoulder for 20 mins.
7. If soreness during warm-up, stop
8. Soreness rules
  - a. If no soreness → advance 1 step every throwing day
  - b. If sore during warm-up but soreness resolves within the first 15 throws → repeat prior workout
  - c. If sore during work-out → stop & take 2 days off. When resume → drop down one step
  - d. If sore more than one hour after throwing or next day → stop & take one day off. When resume → repeat step stopped at
  - e. If sore during warm-up & then soreness continues through the first 15 throws → stop & take 2 days off. When resume → drop down one step
9. Warm-up: Begin @ 20 ft. and increase 20 ft at a time. Throw 3-5 times @ each distance @ 50% effort until reaching the Warm-up distance for that workout. Begin all throws with a crow-hop.
10. **Pitchers**
  - a. Steps 1-10: advance no more than one step every 3<sup>rd</sup> day. 2 days active rest (warm-up and long tosses) in between
  - b. Steps 11-21: Advance daily throw as soreness rules allow

## 11. Catchers

- a. Steps 1-4: advance no more than one step every 3<sup>rd</sup> day. 1 day active rest in between
- b. Steps 5-11: advance no more than one step every 3<sup>rd</sup> day. 2 days active rest in between
- c. Active rest: Warm-up to 60 ft, catch 5 pitches in squat, 25 easy long tosses to 60-90 ft all started with crow-hop, 90 ft sprint after every 5 long tosses

## 12. Infielders

- a. Begin with Step 1
- b. Days 1-14: throw every 3-4 days. Remain @ Step 1
- c. Days 15-28: Step 1 every 2-3 days. Remain @ Step 1
- d. Days 29+: throw every third day. Advance through Steps according to soreness rules. On off days, use active rest program
- e. Active rest program:
  1. All throws begin with crow-hop
  2. Warm-up toss to 120 ft
  3. 5 throws each @ 60, 90, 120 ft (50% effort)
  4. 20 long tosses to 120 ft

## 13. Outfielders

- a. Begin @ Step 1
- b. First 2 weeks: throw every 3-4 days. Remain @ Step 1
- c. Days 15-28: throw every 2-3 days. Remain @ Step 1
- d. Days 29-42: throw every third day. Advance through Steps according to soreness rules.
- e. Days between workouts: Throw warm-up and ending tosses of previous day's workout.

## Pitchers

### 1. Phase I: Early Throwing

- As tolerated up to 50% effort
  - All long tosses begin with a "crow-hop"
- a. Step 1
    - a. Warm-up toss to 30 ft
    - b. 30 ft: 10 throws → rest 8 mins → 10 throws
    - c. 10 long tosses to 40 ft
  - b. Step 2
    - a. Warm-up toss to 45 ft
    - b. 45 ft: 10 throws → rest 8 mins → 10 throws
    - c. 10 long tosses to 60 ft
  - c. Step 3
    - a. Warm-up toss to 60 ft
    - b. 60 ft: 10 throws → rest 8 mins → 10 throws
    - c. 10 long tosses to 75 ft
  - d. Step 4

- a. Warm-up toss to 75 ft
- b. 75 ft: 10 throws → rest 8 mins → 10 throws
- c. 10 long tosses to 90 ft
- e. Step 5
  - a. Warm-up to 90 ft
  - b. 90 ft: 10 throws → rest 8 mins → 10 throws
  - c. 10 long tosses to 105 ft
- f. Step 6
  - a. Warm-up to 105 ft
  - b. 105 ft: 10 throws → rest 8 mins → 10 throws
  - c. 10 long tosses to 120 ft

## 2. **Phase II:** Initiation of Pitching

- Only fast balls
- All pitches to tolerance or maximum effort level specified
- All long tosses begin with “crow hop”
- a. Step 7
  - a. Warm-up toss to 120 ft
  - b. 60 ft : 10 throws
  - c. 10 pitches @ 20 ft → rest 8 mins → 10 throws @ 60 ft → 5 pitches @ 20 ft → 10 long tosses to 120 ft
- b. Step 8
  - a. Warm-up toss to 120 ft
  - b. 10 throws @ 60 ft → 10 pitches @ 35 ft → rest 8 mins → 10 throws @ 60 ft → 10 pitches @ 35 ft → 10 long tosses to 120 ft
- c. Step 9
  - a. Warm-up toss to 120 ft
  - b. 10 throws @ 60 ft → 10 pitches @ 46 ft → rest 8 mins → 10 throws @ 60 ft → 10 pitches @ 46 ft → 10 long tosses to 120 ft
- d. Step 10
  - a. Warm-up toss to 120 ft
  - b. 10 throws @ 60 ft → 10 pitches @ 46 ft → rest 8 mins → 10 pitches @ 46 ft → rest 8 mins → 10 throws @ 60 ft → 10 pitches @ 46 ft → 15 long tosses to 120 ft

## 3. **Phase III:** Intensified Pitching

- Pitch sets 11-15: 1 fastball:1 off-speed pitch @ effort level specified
- Pitch sets 16-21: Percentage of pitches that match preinjury pitch mix specific to the athlete @ effort level specified
- Begin each step with warm-up toss to 120 ft
- End each step with 20 long tosses to 120 ft
- Rest 8 mins after sets followed by \*

- a. Step 11
  - a. 2 throws to each base (75%)
  - b. 15 pitches (50%)\*
  - c. 15 Pitches (50%)\*
  - d. 1 throw to each base (75%)
  - e. 15 pitches (50%)\*
  
- b. Step 12
  - a. 2 throws to each base (75%)
  - b. 15 pitches (50%)\*
  - c. 15 pitches (50%)\*
  - d. 15 pitches (50%)\*
  - e. 1 throw to each base (75%)
  - f. 15 pitches (50%)\*
  
- c. Step 13
  - a. 2 throws to each base (75%)
  - b. 15 pitches (75%)\*
  - c. 15 pitches (75%)\*
  - d. 15 pitches (75%)\*
  - e. 1 throw to each base (75%)
  - f. 15 pitches (50%)\*
  
- d. Step 14
  - a. 2 throws to each base (75%)
  - b. 15 pitches (50%)\*
  - c. 15 Pitches (75%)\*
  - d. 15 pitches (75%)\*
  - e. 20 pitches (50%)\*
  - f. 1 throw to each base (75%)
  - g. 15 pitches (50%)\*
  
- e. Step 15
  - a. 2 throws to each base (100%)
  - b. 15 pitches (75%)\*
  - c. 15 pitches (75%)\*
  - d. 15 pitches (75%)\*
  - e. 15 pitches (75%)\*
  - f. 1 throw to each base (75%)
  - g. 15 pitches (75%)\*
  
- f. Step 16
  - a. 1 throws to each base (75%)
  - b. 15 pitches (100%)\*
  - c. 20 pitches (75%)\*
  - d. 15 pitches (100%)\*
  - e. 20 pitches (75%)
  - f. 1 throw to each base (75%)
  - g. 20 pitches (75%)\*

- g. Step 17
  - a. 1 throw to each base (100%)
  - b. 15 pitches (100%)\*
  - c. 20 pitches (75%)\*
  - d. 15 pitches (100%)\*
  - e. 15 pitches (100%)\*
  - f. 20 Pitches (75%)\*
  - g. 1 throw to each base (100%)
  - h. 15 pitches (75 %)\*
  
- h. Step 18
  - a. 1 throw to each base (100%)
  - b. 20 pitches (100%)\*
  - c. 15 pitches (100 %)\*
  - d. 20 pitches (100%)\*
  - e. 15 pitches (100%)\*
  - f. 20 Pitches (100%)\*
  - g. 1 throw to each base (100%)
  - h. 15 pitches (100 %)\*
  
- i. Step 19
  - a. 1 throw to each base (100%)
  - b. 20 pitches (100%)\*
  - c. 15 pitches (100%)\*
  - d. 20 pitches (100%)\*
  - e. 15 pitches (100%)\*
  - f. 20 pitches (00%)\*
  - g. 15 pitches (100%)\*
  - h. 1 throw to each base (100%)
  - i. 15 pitches (100%)\*
  
- j. Step 20 - Batting practice
  - a. 100-200 pitches
  - b. 1 throw to each base every 25 pitches
  
- k. Step 21 – Simulated game
  - a. 7 innings
  - b. 18-20 pitches/inning
  - c. 8 min. rest between innings
  - d. Pre-injury pitch mix ratio

\* Complete 60 ft sprint, then rest 8 mins after these sets

## Catchers

### 1. Phase I: Beginning throwing

- All long tosses begin with a crow-hop
- Throws to 50% effort

#### a. Step 1

- Warm-up toss to 30 ft
- 10 throws @ 30 ft --> rest 8 mins --> 10 throws @ 30 ft
- 10 long tosses to 45 ft

#### b. Step 2

- Warm-up toss to 45 ft
- 10 throws @ 45 ft --> rest 8 mins --> 10 throws @ 45 ft
- 10 long tosses to 60 ft

#### c. Step 3

- Warm-up toss to 60 ft
- 10 throws @ 60 ft --> rest 8 mins --> 10 throws @ 60 ft
- 10 long tosses to 75 ft

#### d. Step 4

- Warm-up toss to 75 ft
- 10 throws @ 75 ft --> rest 8 mins --> 10 throws @ 75 ft
- 10 long tosses to 90 ft

### 2. Phase II: Catching Practice

- Warm-up (ie. Jog)
- Do not exceed effort level specified
- Throw to tolerance
- All throws made after squatting 8 secs
- All long tosses begin with a crow-hop

#### a. Step 5

- Warm-up toss to 90 ft
- 10 throws to pitcher (50%)\*
- 10 throws to pitcher (50%)\*
- 10 throws to pitcher (50%)\*
- 10 long tosses to 120 ft

#### b. Step 6

- Warm-up toss to 90 ft
- 10 throws to pitcher (50%)\*
- 15 throws to pitcher (50%)\*
- 10 throws to pitcher (50%)\*
- 15 throws to pitcher (50%)\*

- e. 15 long tosses to 120 ft
  
- c. Step 7
  - a. Warm-up toss to 90 ft
  - b. 10 throws to pitcher (75%)\*
  - c. 1 throw to 1<sup>st</sup> and 3<sup>rd</sup> base (50%)\*
  - d. 15 throws to pitcher (50%)\*
  - e. 10 throws to pitcher (75%)\*
  - f. 15 throws to pitcher (50%)\*
  - g. 20 long tosses to 120 ft
  
- d. Step 8
  - a. Warm-up toss to 90 ft
  - b. 10 throws to pitcher (75%)\*
  - c. 2 throws to 1<sup>st</sup> and 3<sup>rd</sup> base (50%)\*
  - d. 15 throws to pitcher (75%)\*
  - e. 10 throws to pitcher (75%)\*
  - f. 15 throws to pitcher (75%)\*
  - g. 20 long tosses to 120 ft
  
- e. Step 9
  - a. Warm-up toss to 90 ft
  - b. 10 throws to pitcher (75%)\*
  - c. 2 throws to 1<sup>st</sup> and 3<sup>rd</sup> base (75%)\*
  - d. 10 throws to pitcher (75%)\*
  - e. 15 throws to pitcher (75%)\*
  - f. 10 throws to pitcher (75%)\*
  - g. 15 throws to pitcher (75%)\*
  - h. 20 long tosses to 120 ft
  
- f. Step 10
  - a. Warm-up toss to 90 ft
  - b. 10 throws to pitcher (75%)\*
  - c. 2 throws to 1<sup>st</sup> and 3<sup>rd</sup> base (100%)\*
  - d. 10 throws to pitcher (75%)\*
  - e. 3 throws to 2<sup>nd</sup> (75%)\*
  - f. 15 throws to pitcher (75%)\*
  - g. 10 throws to pitcher (75%)\*
  - h. 15 throws to pitcher (75%)\*
  - i. 20 long tosses to 120 ft
  
- g. Step 11 – Simulated Game
  - a. Warm-up toss to 90 ft
  - b. 10 throws to pitcher (75%)\*
  - c. 2 throws to 1<sup>st</sup> and 3<sup>rd</sup> base (100%)\*
  - d. 15 throws to pitcher (75%)\*
  - e. 10 throws to pitcher (75%)\*
  - f. 15 throws to pitcher (75%)\*
  - g. 10 throws to pitcher (75%)\*
  - h. 3 throws to 2<sup>nd</sup> (100%)\*

- i. 10 throws to pitcher (75%)\*
- j. 10 throws to pitcher (75%)\*
- k. 20 long tosses to 120 ft

\* Complete 60 ft sprint, then rest 8 mins after these sets

## Infielders

### 1. General Rules

- Run lap around field before each Step
- Perform 60 ft sprint before each set of throws
- Rest 8 mins between sets
- All throws are limited arc
- All long tosses begin with a crow-hop

### 2. Step 1

- a. Warm-up toss to 45 ft
- b. 15 throws @ 40 ft (50%)
- c. Field practice (50%)
  - 1. 5 throws @ 35 ft
  - 2. 5 throws @ 45 ft
- d. 20 long tosses @ 60 ft

### 3. Step 2

- a. Warm-up toss to 60 ft
- b. 20 throws @ 45 ft (50%)
- c. Field practice (50 %)
  - 1. 5 throws @ 45 ft
  - 2. 10 throws @ 60 ft
- d. 20 long tosses to 75 ft

### 4. Step 3

- a. Warm-up toss to 75 ft
- b. 20 throws @ 60 ft (50%)
- c. Field practice (75%)
  - 1. 5 throws @ 60 ft
  - 2. 10 throws @ 75 ft
- d. 20 long tosses @ 90 ft

### 5. Step 4

- a. Warm-up toss to 90 ft
- b. 20 throws @ 60 ft (75%)
- c. Field practice (75 %)
  - 1. 5 throws @ 60 ft
  - 2. 5 throws @ 84 ft
  - 3. 5 throws @ 120 ft
- d. 20 long tosses to 120 ft



6. Step 5
  - a. Warm-up toss to 120 ft
  - b. 20 throws @ 60 ft (75%)
  - c. Field practice (100%)
    1. 5 throws @ 60 ft
    2. 5 throws @ 84 ft
    3. 5 throws @ 120 ft
  - d. 20 long tosses @ 150 ft
  
5. Step 6 – **Simulated Game**
  - a. Warm-up toss to 120 ft
  - b. 20 throws @ 60 ft (100%)
  - c. Field practice (100 %)
    1. 5 throws @ 60 ft
    2. 5 throws @ 84 ft
    3. 5 throws @ 120 ft
  - d. 1 throw to each base from position (100%)
  - d. 20 long tosses to 150 ft

## **Outfielders**

1. General Rules
  - Run a lap around the field before each Step
  - All tosses with limited arc
  - All long tosses begin with a crow-hop
  
2. Step 1
  1. Warm-up toss to 45 ft
  2. Catch fly balls or field grounders and throw to cutoff @ 45 ft (50% effort). Repeat 5 times with 1 min rest between throws
  3. 15 tosses @ 60 ft
  
3. Step 2
  1. Warm-up toss to 60 ft
  2. Catch fly balls or field grounders and throw to cutoff @ 60 ft (50% effort). Repeat 5 times with 1 min rest between throws
  3. 15 tosses @ 90 ft
  
4. Step 3
  1. Warm-up toss to 90 ft
  2. Catch fly balls or field grounders and throw to cutoff @ 90 ft (75% effort). Repeat 5 times with 1 min rest between throws
  3. 15 tosses @ 120 ft
  
5. Step 4
  1. Warm-up toss to 120 ft

2. Field grounders and throw to cutoff @ 90 ft (75% effort). Repeat 5 times
  3. Catch fly balls and throw to base @ 120 ft (75% effort). Repeat 5 times with 1 min rest between throws
  4. 15 tosses @ 150 ft
6. Step 5
1. Warm-up toss to 120 ft
  2. Field grounders and throw to cutoff @ 90 ft (100% effort). Repeat 5 times
  3. Catch fly balls and throw to base @ 120 ft (75% effort). Repeat 5 times with 1 min rest between throws
  4. 20 tosses @ 180 ft
7. Step 6
1. Warm-up toss to 150 ft
  2. Field grounders and throw to cutoff @ 90 ft (100% effort). Repeat 5 times
  3. Catch fly balls and throw to base @ 150 ft (100% effort). Repeat 5 times with 1 min rest between throws
  4. 20 tosses @ 180 ft
8. Step 7 - **Simulated Game**
1. Warm-up toss to 180 ft
  2. Field grounders and throw to cutoff @ 120 ft (100% effort). Repeat 5 times
  3. Catch fly balls and throw to base @ 180 ft (100% effort). Repeat 5 times with 1 min rest between throws
  4. 20 tosses @ 180 ft