

SOFTBALL CATCHER INTERVAL THROWING PROGRAM

Each phase is designed to increase endurance and strength throughout the progression. Every athlete progresses at different rates; therefore the “soreness rule” is used to prevent oversteering the soft tissue during progression.

1. Each step should be performed 2-3 times with one day rest between each session.
2. If no soreness, advance one step every 2-3 throwing days.
3. If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take two days off. Upon return to throwing, drop down one step.
4. If sore more than one hour after throwing or the next day, take one day off and repeat the most recent throwing program workout.
5. If sore during warm-up and soreness continues through the first 15 throws stop throwing and take two days off. Upon return to throwing, drop down to previous workout.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: 10 minute dynamic warm-up (jogging, biking, etc), complete shoulder stretches, and carry out designated throws for the appropriate step, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step. Early supervision of the progression by an athletic trainer or rehabilitation professional is recommended.

If you are using this program as a return to throwing program due to an injury or surgery, you are to begin at phase one and progress through each phase.

If you are using this program to prepare for your upcoming season without a recent injury or surgery, you may complete Steps 2 and 4 in Phase 1 prior to progressing to Phase 2.

Phase 1: Beginning Throwing

Step 1	Step 2	Step 3	Step 4
<ul style="list-style-type: none">• Warm up toss to 30 ft• 10 throws to 30 ft• Rest 8 min• 10 throws at 30 ft• 10 long tosses to 45 ft	<ul style="list-style-type: none">• Warm up toss to 45 ft• 10 throws at 45 ft• Rest 8 min• 10 throws at 45 ft• 10 long tosses to 60 ft	<ul style="list-style-type: none">• Warm up toss to 60 ft• 10 throws at 60 ft• Rest 8 min• 10 throws at 60 ft• 10 long tosses to 75 ft	<ul style="list-style-type: none">• Warm up toss to 75 ft• 10 throws at 75 ft• Rest for 8 min• 10 throws at 75 ft• 10 long tosses to 90 ft

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Phase II: Catching practice

- Complete warm-up lap around the field before each step
- All throws completed to tolerance, not to exceed the effort level specified
- All throws made after squatting 8 seconds to simulate receiving a pitch

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

Step 6

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

Step 7

- Warm up toss to 90 ft
- 10 throws to pitcher (75%)
- 1 throws to 1st and 3rd base (50%)
- 15 throws to pitcher (50%)*
- 10 throws to pitcher (75%)*
- 15 throws to pitcher (50%)*
- 20 long tosses to 120 ft

Step 8

- Warm up toss to 90 ft
- 10 throws to pitcher (75%)
- 2 throws to 1st and 3rd base (50%)
- 15 throws to pitcher (75%)*
- 10 throws to pitcher (75%)*
- 15 throws to pitcher (75%)*
- 20 long tosses to 120 ft

Step 9

- Warm up toss to 90 ft
- 10 throws to pitcher (75%)
- 2 throws to 1st and 3rd base (75%)
- 10 throws to pitcher (75%)*
- 15 throws to pitcher (75%)*
- 10 throws to pitcher (75%)*
- 15 throws to pitcher (75%)*
- 20 long tosses to 120 ft

Step 10

- Warm up toss to 90 ft
- 10 throws to pitcher (75%)
- 2 throws to 1st and 3rd base (100%)
- 10 throws to pitcher (75%)*
- 3 throws to 2nd base (75%)*
- 15 throws to pitcher (75%)*
- 10 throws to pitcher (75%)*
- 15 throws to pitcher (75%)*
- 20 long tosses to 120 ft

Step 11

- Simulated game
- Warm up toss to 90 ft
- 10 throws to pitcher (75%)
- 2 throws to 1st and 3rd base (100%)
- 15 throws to pitcher (75%)*
- 10 throws to pitcher (75%)*
- 15 throws to pitcher (75%)*
- 10 throws to pitcher (75%)*
- 3 throws to 2nd base (100%)*
- 10 throws to pitcher (75%)*
- 10 throws to pitcher (75%)*
- 20 long tosses to 120 ft

*6 minute rest between each set

Axe M et al. Data-Based Interval Throwing Programs for Collegiate Softball Players. *Journal of Athletic Training*. 2002;37(2):194-203