



## Softball Catcher's Throwing Program

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**Basic Guidelines:**

**Athlete:** \_\_\_\_\_

**Begin:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Throwing is performed every other day.**

1. Pre-Throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching.
2. Emphasize proper throwing mechanics
3. Each STEP should take one week to complete.
4. Ice for 20 minutes after throwing.
5. If pain occurs during any step shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

**Phase I. Beginning throwing (throws to 50% effort): All long tosses begin with a crow-hop.**

\_\_\_\_\_ **Step 1**

1. Warm-up toss to 30 ft (9.14 m)
2. 10 throws @ 30 ft (9.14 m)
3. Rest 8 minutes
4. 10 throws @ 30 ft (9.14 m)
5. 10 long tosses to 45 ft (13.72 m)

\_\_\_\_\_ **Step 2**

1. Warm-up toss to 45 ft (13.72 m)
2. 10 throws @ 45 ft (13.72 m)
3. Rest 8 minutes
4. 10 throws @ 45 ft (13.72 m)
5. 10 long tosses to 60 ft (18.29 m)

\_\_\_\_\_ **Step 3**

1. Warm up toss to 60 ft (18.29 m)
2. 10 throws @ 60 ft (18.29 m)
3. Rest 8 minutes
4. 10 throws @ 60 ft (18.29 m)
5. 10 long tosses to 75 ft (22.6 m)

\_\_\_\_\_ **Step 4**

1. Warm-up toss to 75 ft (22.86 m)
2. 10 throws @ 75 ft (22.86 m)
3. Rest 8 minutes
4. 10 throws @ 75 ft (22.86 m)
5. 10 long tosses to 90 ft (27.43 m)



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1. **Throwing is performed every other day.**
2. Pre-Throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching.
3. Emphasize proper throwing mechanics
4. Each STEP should take one week to complete.
5. Ice for 20 minutes after throwing.
6. If pain occurs during any step shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

### 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.

—All long tosses begin with a crow-hop.

#### Step 5

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (50%)\*
3. 10 throws to pitcher (50%)\*
4. 10 throws to pitcher (50%)\*
5. 10 long tosses to 120 ft (36.58 m)

#### Step 6

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (50%)\*
3. 15 throws to pitcher (50%)\*
4. 10 throws to pitcher (50%)\*
5. 15 throws to pitcher (50%)\*
6. 15 long tosses up to 120 ft (36.58 m)

#### Step 7

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (75%)\*
3. 1 throws to 1st and 3rd base (50%)\*
4. 15 throws to pitcher (50%)\*
5. 10 throws to pitcher (75%)\*
6. 15 throws to pitcher (50%)\*
7. 20 long tosses to 120 ft (36.58 m)

#### Step 8

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (75%)\*
3. 2 throws to 1st and 3rd base (75%)\*
4. 15 throws to pitcher (75%)\*
5. 10 throws to pitcher (75%)\*
6. 15 throws to pitcher (75%)\*
7. 20 long tosses to 120 ft (36.58 m)

#### Step 9

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (75%)\*
3. 2 throws to 1st and 3rd base (75%)\*
4. 10 throws to pitcher (75%)\*
5. 15 throws to pitcher (75%)\*
6. 10 throws to pitcher (75%)\*
7. 15 throws to pitcher (75%)\*
8. 20 long tosses to 120 ft (36.58 m)

#### Step 10

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (75%)\*
3. 2 throws to 1st and 3rd base (100%)\*
4. 10 throws to pitcher (75%)\*
5. 3 throws to 2nd (75%)\*
6. 15 throws to pitcher (75%)\*
7. 10 throws to pitcher (75%)\*
8. 15 throws to pitcher (75%)\*
9. 20 long tosses to 120 ft (36.58 m)

#### Step 11: Simulated game

1. Warm-up toss to 90 ft (27.43 m)
2. 10 throws to pitcher (75%)\*
3. 2 throws to 1st and 3rd base (100%)\*
4. 15 throws to pitcher (75%)\*
5. 10 throws to pitcher (75%)\*
6. 15 throws to pitcher (75%)\*
7. 10 throws to pitcher (75%)\*
8. 3 throws to 2nd base (100%)\*
9. 10 throws to pitcher (75%)\*
10. 10 throws to pitcher (75%)\*
11. 20 long tosses to 120 ft (36.58 m)