



Softball Infielder's Throwing Program

Basic Guidelines: **Athlete:** _____ **Begin:** ____/____/____

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. **Throw at 75-80% maximum effort.**
4. Emphasize proper throwing mechanics
5. Each STEP should take one week to complete.
6. Ice for 20 minutes after throwing.
7. If pain occurs during any step shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

General Guidelines

- Complete a warm-up lap around the field before each step.
- Complete an 60-ft (18.29-m) sprint before each set of throws.
- Rest 8 minutes between sets.
- All throws are limited arc.
- All long tosses begin with a crow-hop.

Step 1

- Warm-up toss to 45 ft (13.72 m)
- 15 throws @ 40 ft (12.19 m) (50%)
- Field practice (50%)
 - 5 throws @ 35 ft (10.67 m)
 - 5 throws @ 45 ft (13.72 m)
- 20 long tosses to 60 ft (18.29 m)

Step 2

- Warm-up toss to 60 ft (18.29 m)
- 20 throws @ 45 ft (13.72 m) (50%)
- Field practice (50%)
 - 5 throws @ 45 ft (13.72 m)
 - 10 throws @ 60 ft (18.29 m)
- 20 long tosses to 75 ft (22.86 m)

Step 3

- Warm-up toss to 75 ft (22.86 m)
- 20 throws @ 60 ft (18.29 m) (50%)
- Field practice (75%)
 - 5 throws @ 60 ft (18.29 m)
 - 10 throws @ 75 ft (22.86 m)
- 20 long tosses to 90 ft (27.43 m)

Step 4

- 20 throws @ 60 ft (18.29 m) (75%)
- Field practice (75%)
 - 5 throws @ 60 ft (18.29 m)
 - 5 throws @ 84 ft (25.60 m)
 - 5 throws @ 120 ft (36.58 m)
- 20 long tosses to 120 ft (36.58 m)

Step 5

- Warm-up toss to 120 ft (36.58 m)
- 20 throws @ 60 ft (18.29 m) (75%)
- Field practice (100%)
 - 5 throws @ 60 ft (18.29 m)
 - 5 throws @ 84 ft (25.60 m)
 - 5 throws @ 120 ft (36.58 m)
- 20 long tosses to 150 ft (45.72 m)

Step 6

- Simulated game
- Warm-up toss to 120 ft (36.58 m)
- 20 throws @ 60 ft (18.29 m) (100%)
- Field practice (100%)
 - 5 throws @ 60 ft (18.29 m)
 - 5 throws @ 84 ft (25.60 m)
 - 5 throws @ 120 ft (36.58 m)
- 1 throw to each base from position (100%)
- 20 long tosses to 150 ft (45.72 m)