



Interval Throwing Program

Softball Catcher

Interval Throwing Program Guidelines:

- Progression through program is different for each individual.
- Initially the program should be done every other day.
- Each level or step should be fully completed at least once before advancing.
- If returning from an injury or surgery follow soreness rules (below) carefully.

Soreness Rules:

- Do not throw if sore or in pain *before* throwing.
- Stop throwing if soreness or pain occur while throwing.
- If sore on the morning after a throwing workout, it is ok to throw but do not advance level or strenuousness of workout.
- If sore two (2) days after throwing workout, take a day off and back down one level or step in program.
- If sore or in pain four (4) days after a throwing workout, contact your provider.



Phase 1: Beginning throwing

Step 1 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	Step 2 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
Step 3 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	Step 4 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



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

<p>Day 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</p>	<p>Day 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</p>
<p>Day 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</p>	<p>Day 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</p>
<p>Day 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</p>	<p>Day 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</p>
<p>Day 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</p>	

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