

## **Softball Position Player Interval Throwing Program**

- Program performed 3-4x per week with a rest day between and ice after each session\*
- All throws should be on a line (not max effort) with none rising over 10 ft high
- Weekly videotaping of throwing is helpful to assess maintenance of delivery and form
- A warm-up period of jogging followed by full body stretching is expected prior to begin throwing

**\*Progression to advance to next level stage of program requires no medial elbow/shoulder pain/stiffness and maintenance of strength/form during final set\***

### **30-45-ft Phase**

- Week 1
  - Warm up throws at 20-45 ft
  - Throws at 30 ft **x25**
  - 2 sets and rest for 10 minutes between
  - Warm down throws
- Week 2
  - Warm up throws at 30-45 ft
  - Throws at 45 ft **x25**
  - 3 sets and rest for 10 minutes between
  - Warm down throws

### **60-ft Phase**

- Week 1
  - Warm up throws at 20-60 ft
  - Throws at 60 ft **x25**
  - 2 sets and rest for 10 minutes between
  - Warm down throws
- Week 2
  - Warm up throws at 20-60 ft
  - Throws at 60 ft **x25**
  - 3 sets and rest for 10 minutes between
  - Warm down throws

### **90-ft Phase**

- Week 1
  - Warm up throws at 20-90 ft

- Throws at 90 ft **x25**
- 2 sets and rest for 10 minutes between
- Warm down throws
- Week 2
  - Warm up throws at 20-90 ft
  - Throws at 90 ft **x25**
  - 3 sets and rest for 10 minutes between
  - Warm down throws

### **120-ft Phase**

- Week 1
  - Warm up throws at 20-120 ft
  - Throws at 120 ft **x25**
  - 2 sets and rest for 10 minutes between
  - Warm down throws
- Week 2
  - Warm up throws at 20-120 ft
  - Throws at 120 ft **x25**
  - 3 sets and rest for 10 minutes between
  - Warm down throws
- **Begin to incorporate daily light catch for 10 minutes at 60 ft on off-days**

### **150-ft Phase**

- Week 1
  - Warm up throws at 20-150 ft
  - Throws at 150 ft **x25**
  - 2 sets and rest for 10 minutes between
  - Warm down throws
- Week 2
  - Warm up throws at 30-45 ft
  - Throws at 150 ft **x25**
  - 3 sets and rest for 10 minutes between
  - Warm down throws

### **Stamina Phase**

- Week 1
  - Warm up throws at 20-150 ft
  - Throws at 45 ft **x10**
  - Throws at 60 ft **x10**
  - Throws at 90 ft **x10**
  - Throws at 120 ft **x10**
  - Throws at 150 ft **x10**
  - 2 sets and rest for 10 minutes between
  - Warm down throws
- Week 2

- Warm up throws at 20-150 ft
- Throws at 60 ft **x10**
- Throws at 90 ft **x10**
- Throws at 120 ft **x10**
- Throws at 150 ft **x10**
- 2 sets and rest for 10 minutes between
- Warm down throws
- **Begin to incorporate daily light catch for 10 minutes at 60 ft on off-days**