

Softball Catcher's Program

Phase	Step	Criteria for Progression
Phase 1: Beginning throwing (throws to 50% effort) All long tosses begin with crow-hop	Step 1	Warm up toss to 30 ft 10 throws @ 30 ft Rest 8 minutes 10 throws @ 30 ft 10 long tosses to 45 ft
	Step 2	Warm up toss to 45 ft 10 throws @ 45 ft Rest 8 minutes 10 throws @ 45 ft 10 long tosses to 60 ft
	Step 3	Warm up toss to 60 ft 10 throws @ 60 ft Rest 8 minutes 10 throws @ 60 ft 10 long tosses to 75 ft
	Step 4	Warm up toss to 75 ft 10 throws @ 75 ft Rest 8 minutes 10 throws @ 75 ft 10 long tosses to 90 ft
Phase 2: Catching practice Complete warm up lap around the field before each step All throws completed to tolerance, not exceed the effort level specified	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

<p>All throws made after squatting 8 seconds to simulate receiving a pitch</p> <p>All long tosses begin with a crow-hop</p>		
	<p>Step 6</p>	<p>Warm up toss to 90 ft</p> <p>10 throws to pitcher (50%) *</p> <p>15 throws to pitcher (50%) *</p> <p>10 throws to pitcher (50%) *</p> <p>15 throw to pitcher (50%) *</p> <p>15 long tosses up to 120 ft</p>
	<p>Step 7</p>	<p>Warm up toss to 90 ft</p> <p>10 throws to pitcher (75%) *</p> <p>1 throw to 1st and 3rd base (50%) *</p> <p>15 throws to pitcher (50%) *</p> <p>10 throws to pitcher (75%) *</p> <p>15 throws to pitcher (50%) *</p> <p>20 long tosses to 120 ft</p>
	<p>Step 8</p>	<p>Warm up toss to 90 ft</p> <p>10 throws to pitcher (75%) *</p> <p>2 throws to 1st and 3rd base (75%) *</p> <p>15 throws to pitcher (75%) *</p> <p>10 throws to pitcher (75%) *</p> <p>15 throws to pitcher (75%) *</p> <p>20 long tosses to 120 ft</p>
	<p>Step 9</p>	<p>Warm up toss to 90 ft</p> <p>10 throws to pitcher (75%) *</p> <p>2 throws to 1st and 3rd base (75%) *</p> <p>10 throws to pitcher (75%)</p> <p>15 throws to pitcher (75%) *</p> <p>10 throws to pitcher (75%) *</p>

		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 (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

***Complete 60 ft sprint, then rest 8 minutes after these sets**

Instructions

Warm up

- Begin at 20 ft and advance 20 ft at a time, throwing 3-5 times at each distance at 50% effort until reaching the warm up distance for that workout. Begin all throws with a crow-hop.

Soreness rules

- If sore more than 1 hour after throwing or the next day, take 1 day off and repeat the most recent throwing program workout.
- 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 2 days off. Upon return to throwing, drop down 1 step.
- If sore during warm up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down 1 step.
- If no soreness, advance 1 step every throwing day.

Injury Classification

A. Baseline/preseason

To establish a base for training and conditioning, begin with step 3 and advance 1 step daily to step 11, following soreness rules.

B. Non-throwing arm injury

After medical clearance, begin at step 1 and advance 1 step daily to step 11, following soreness rules.

C. Throwing arm: bruise or bone involvement

After medical clearance, begin with step 1 and advance 1 step every other day to step 11, following soreness rules.

D. Throwing arm: tendon/ligament injury (mild)

After medical clearance, begin with step 1 and advance program to step 4, throwing every other day as soreness rules allow. Throw every third day for steps 5-8 as soreness rules allow. Return to throwing every other day as soreness rules allow for steps 9-11.

E. Throwing arm: tendon/ligament injury (moderate, severe, or post-operative)

After medical clearance, begin throwing at step 1.

For steps 1-4, advance no more than 1 step every 3 days, with 1 day of active rest * following each workout day.

For steps 5-11, advance no more than 1 step every 3 days, with 2 days of active rest following each workout day.

*Active rest workout: warm up to 60 ft. Catch 5 pitches in squat, but do not throw ball to pitcher. Complete 25 easy long tosses to 60-90 ft; begin each of these throws with a crow-hop. Run 90 ft sprint after every 5 long tosses.

Axe, M., Windley, T. and Snyder-Mackler, L/ Data-Bases Interval Throwing Programs for Collegiate Softball Players. J Ath Train. 2002; 37(2): 194-203.