

Softball Throwing Progression

The purpose of the throwing progression is to **gradually** allow the athlete to increase the intensity of throwing while **minimizing** the chance for a re-occurrence of injury. This program allows for various positions as well as for injury status and level of function. The athlete can progress from one level to the next as long as no pain occurs and proper throwing mechanics can be maintained throughout the phase. If pain occurs or if there's a break down of throwing mechanics, then the progression should be backed off then resumed as able.

Appropriate stretching and strengthening exercises **must** be used in conjunction with the throwing programs to maintain strength and flexibility and decrease the risk for re-injury. Proper throwing mechanics must be maintained for the athlete to advance to the next step or phase. During the warm-up step of throwing for all steps or phases, begin at the initial distance and move gradually back to the workout distance as the arm loosens up. The athlete **must** follow the intensity and number of throws closely to both help prevent the chance for re-injury and optimize their chance for success. The athlete should allow for at least one day of rest between throwing sessions. The athlete should also incorporate a crow hop when throwing at or above 75 feet.

- A. 45 Foot Phase** Perform 3 x week at 50-60 % intensity
- | | |
|---|---|
| Week 1 (50% intensity) | Week 2 (50-60% intensity) |
| Warm-up throwing (15 throws at 30 feet) | Warm-up throwing (15 throws at 30 feet) |
| 15 throws at 45 feet | 15 throws at 45 feet |
| Perform exercises | Rest 5 minutes |
| Ice | 10 throws at 30 feet |
| | 10 throws at 45 feet |
| | Ice |
- B. 60 Foot Phase** Perform 3 x week at 60-80 % intensity
- | | |
|---|---|
| Week 3 (60-70%) | Week 4 (75-80%) |
| Warm-up throwing (15 throws at 30 feet) | Warm-up throwing (15 throws at 30 feet) |
| 15 throws at 45 feet | 10 throws at 45 feet |
| 15 throws at 60 feet | 10 throws at 60 feet |
| Ice | Rest 5 minutes |
| | 10 throws at 30 feet |
| | 10 throws at 45 feet |
| | 10 throws at 60 feet |
| | Ice |
- C. 75 Foot Phase** Perform 3 x week at 75-90 % intensity (begin crow hop throwing)
- | | |
|---|----------------------------|
| Week 5 (75-80%) | Week 6 (80-90%) |
| Warm-up throwing (15-20 throws at 30-60 feet) | Warm-up throwing gradually |
| 15 throws at 60 | 15-20 throws 30-60 feet |
| 10 throws at 60-75 feet | 15 throws at 60-75 feet |
| 10 throws at 75 feet | Rest 5 minutes |
| Ice | 15 throws at 30-60 feet |
| | 10 throws at 60-75 feet |
| | 10 throws at 75 feet |
| | Ice |

HOME EXERCISE PROGRAM

Softball Throwing Progression

D. 90 Foot Phase

Perform 3 x week at 90-100 % intensity

Week 7 (90-100%)

Warm-up throwing gradually
 10 throws at 30-45 feet
 10 throws at 45 feet
 10 throws at 60 feet
 10 throws at 60-75 feet
 10 throws at 75-90 feet
 10 throws at 90 feet
 Ice

Week 8 (90-100%)

Warm-up throwing
 10 throws at 30-45 feet
 10 throws at 45-60 feet
 10 throws at 60-75 feet
 10 throws at 75-90 feet
 Rest 5 minutes
 10 throws at 35-45 feet
 10 throws at 45-60 feet
 10 throws at 60-75 feet
 10 throws at 75-90 feet
 10 throws at 90 feet
 Ice

E. 110 Foot Phase

Perform 3 x week at 90-100 % intensity

Week 9 (90-100%)

Warm-up throwing
 15 throws at 30-60 feet
 10 throws at 60-75 feet
 10 throws at 75-90 feet
 10 throws at 90 feet
 15 throws at 110 feet
 Ice

Week 10 (100%)

Warm-up throwing
 15 throws at 30-60 feet
 15 throws at 60-75 feet
 15 throws at 75-90 feet
 15 throws at 90 feet
 20 throws at 110 feet
 Ice