

SOFTBALL PITCHER'S PROGRAM

1. General warm up
2. Shoulder stretches
3. Throwing program
4. Rotator cuff strengthening
5. Shoulder stretches
6. Ice 15 minutes

SORENESS RULES

If no soreness, advance 1 step every throwing day

If sore after throwing for 1-24 hours, take one day off and repeat the most recent throwing program workout.

If sore during warm up but soreness resolves prior to 15 throws, repeat the previous throwing program workout. If shoulder becomes sore during the workout, stop and take 2 days off. Upon returning to throwing, drop back one step.

If sore during warm up and soreness does not resolve prior to 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop back one step.

PHASE I: EARLY THROWING

- Throw every other day
- Complete all throws at 50% effort
- Begin all warm up throws and all long tosses with a crow-hop

- STEP 1 Warm up toss: 3-5 throws at 20/30 feet
 10 throws at 30 feet
 8 minute rest
 10 throws at 30 feet
 10 long tosses at 40 feet
- STEP 2: Warm up toss: 3-4 throws at 20/30/40 feet
 10 throws at 45 feet
 8 minute rest
 10 throws at 45 feet
 10 long tosses at 60 feet
- STEP 3: Warm up toss: 3 throws at 20/30/40/50/60 feet
 10 throws at 60 feet
 8 minute rest
 10 throws at 60 feet
 10 long tosses at 75 feet
- STEP 4: Warm up toss: 3-5 throws at 20/30/40/50/60 feet
 10 throws at 75 feet
 8 minute rest
 10 throws at 75 feet
 10 long tosses at 90 feet

STEP 5: Warm up toss: 3-5 throws at 20/40/60/80 feet
10 throws at 90 feet
8 minute rest
10 throws at 90 feet
10 long tosses at 105 feet

STEP 6: Warm up toss: 3-5 throws at 20/40/60/80/100 feet
10 throws at 105 feet
8 minute rest
10 throws at 105 feet
10 long tosses at 120 feet

PHASE II: INITIATION OF PITCHING

- Throw every third day
- Only fastballs at the effort level indicated
- Begin all warm up throws and all long tosses with a crow-hop

STEP 7: Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
10 throws at 60 feet 75% effort
10 pitches at 20 feet 50% effort
8 minute rest
10 throws at 60 feet 75% effort
5 pitches at 20 feet 50%
10 long tosses at 120 feet

STEP 8: Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
10 throws at 60 feet 75% effort
10 pitches at 35 feet 50% effort
8 minute rest
10 throws at 60 feet 75% effort
10 pitches at 35 feet 50%
10 long tosses at 120 feet

STEP 9: Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
10 throws at 60 feet 75% effort
10 pitches at 45 feet 50% effort
8 minute rest
10 throws at 60 feet 75% effort
10 pitches at 45 feet 50%
15 long tosses at 120 feet

STEP 10: Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
10 throws at 60 feet 75% effort
10 pitches at 45 feet 50% effort
8 minute rest
10 pitches at 45 feet 50%
8 minute rest
10 throws at 60 feet 75% effort
10 pitches at 45 feet 50%
15 long tosses at 120 feet

PHASE IIIa: INTENSIFIED PITCHING

-Throw every other day

-Pitch sets consist of 1 fastball to 1 off-speed pitch at the effort level indicated

-Asterisk (*) indicates an 8 minute rest period between sets

STEP 11 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
2 throws to each base 75%
15 pitches* 50%
15 pitches* 50%
1 throw to each base 75%
15 pitches* 50%
20 long tosses at 120 feet

STEP 12 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
2 throws to each base 75%
15 pitches* 50%
15 pitches* 50%
15 pitches* 50%
1 throw to each base 75%
15 pitches* 50%
20 long tosses at 120 feet

STEP 13 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
2 throws to each base 75%
15 pitches* 50%
15 pitches* 75%
15 pitches* 75%
1 throw to each base 75%
15 pitches* 50%
20 long tosses at 120 feet

STEP 14 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
2 throws to each base 75%
15 pitches* 50%
15 pitches* 75%
15 pitches* 75%
20 pitches* 50%
1 throw to each base 75%
15 pitches* 50%
20 long tosses at 120 feet

STEP 15 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
2 throws to each base 100%
15 pitches* 75%
15 pitches* 75%
15 pitches* 75%
15 pitches* 75%
1 throw to each base 75%
15 pitches* 75%
20 long tosses at 120 feet

PHASE IIIb: INTENSIFIED PITCHING

-Throw every other day

-Pitch sets consisting pitches that match the preinjury pitch mix specific to the athlete at the effort level specified

-Asterisk (*) indicates an 8 minute rest period between sets

STEP 16 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
1 throw to each base 100%
15 pitches* 100%
20 pitches* 75%
15 pitches* 100%
20 pitches* 75%
1 throw to each base 75%
20 pitches* 75%
20 long tosses at 120 feet

STEP 17 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
1 throw to each base 100%
15 pitches* 100%
20 pitches* 75%
15 pitches* 100%
15 pitches* 100%
20 pitches* 75%
1 throw to each base 100%
15 pitches* 75%
20 long tosses at 120 feet

STEP 18 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
1 throw to each base 100%
20 pitches* 100%
15 pitches* 100%
20 pitches* 100%
15 pitches* 100%
20 pitches* 100%
1 throw to each base 100%
15 pitches* 100%
20 long tosses at 120 feet

STEP 19 Warm up toss: 3-5 throws at 20/40/60/80/100/120 feet
1 throw to each base 100%
20 pitches* 100%
15 pitches* 100%
20 pitches* 100%
15 pitches* 100%
20 pitches* 100%
15 pitches 100%
1 throw to each base 100%
15 pitches* 100%
20 long tosses at 120 feet

STEP 20 Batting practice: 100-120 pitches
1 throw to each base per 25 pitches

STEP 21 Simulated game:
7 innings
18-20 pitches per inning
8 minute rest between innings
Preinjury pitch mix