

## Softball Pitcher's Program

Phase	Step	Criteria for Progression
<b>Phase 1: Early throwing</b>  All throws are to tolerance to a maximum of 50% effort  All long tosses begin with a crow-hop	<b>Step 1</b>	Warm up toss to 30 ft  10 throws @ 30 ft  Rest 8 min  10 throws @ 30 ft  10 long tosses to 40 ft
	<b>Step 2</b>	Warm up toss to 45 ft  10 throws @ 45 ft  Rest 8 min  10 throws @ 45 ft  10 long tosses to 60 ft
	<b>Step 3</b>	Warm up toss to 60 ft  10 throws @ 60 ft  Rest 8 min  10 throws @ 60 ft  10 long tosses to 75 ft
	<b>Step 4</b>	Warm up toss to 75 ft  10 throws @ 75 ft  Rest 8 min  10 throws @ 75 ft  10 long tosses to 90 ft
	<b>Step 5</b>	Warm up toss to 90 ft  10 throws @ 90 ft  Rest 8 min  10 throws @ 90 ft  10 long tosses to 105 ft

	<b>Step 6</b>	<b>Warm up toss to 105 ft</b>  <b>10 throws @ 105 ft</b>  <b>Rest 8 min</b>  <b>10 throws @ 105 ft</b>  <b>10 long tosses to 120 ft</b>
<b>Phases 2: Initiation of pitching</b>  <b>All pitchers are fast balls (no off-speed pitches)</b>  <b>All pitches to tolerance or maximum effort level specified</b>  <b>All long tosses begin with a crow-hop</b>	<b>Step 7</b>	<b>Warm up toss to 120 ft</b>  <b>10 throws @ 60 ft, (75%)</b>  <b>10 pitches @ 20 ft (50%)</b>  <b>Rest 8 min</b>  <b>10 throws @ 60 ft (75%)</b>  <b>5 pitches @ 20 ft (50%)</b>  <b>10 long tosses to 120 ft</b>
	<b>Step 8</b>	<b>Warm up toss to 120 ft</b>  <b>10 throws @ 60 ft (75%)</b>  <b>10 pitches @ 35 ft (50%)</b>  <b>Rest 8 min</b>  <b>10 throws @ 60 ft (75%)</b>  <b>10 pitches @ 35 ft (50%)</b>  <b>10 long tosses to 120 ft</b>
	<b>Step 9</b>	<b>Warm up toss to 120 ft</b>  <b>10 throws @ 60 ft (75%)</b>  <b>10 pitches @ 46 ft (50%)</b>  <b>Rest 8 min</b>  <b>10 throws @ 60 ft (75%)</b>  <b>10 pitches @ 46 ft (50%)</b>  <b>15 long tosses to 120 ft</b>

	<b>Step 10</b>	<b>Warm up toss to 120 ft</b>  <b>10 throws @ 60 ft (75%)</b>  <b>10 pitches @ 46 ft (50%)</b>  <b>Rest 8 min</b>  <b>10 pitches @ 46 ft (50%)</b>  <b>Rest 8 min</b>  <b>10 throws @ 60 ft (75%)</b>  <b>10 pitches @ 46 ft (50%)</b>  <b>15 long tosses to 120 ft</b>
<b>Phase 3: Intensified pitching</b>  <b>Pitch sets 11-15 consist of 1 fastball to 1 off-speed pitch at the effort level specified</b>  <b>Pitch sets 16-21 consist of percentage of pitches that match the preinjury pitch mix specific to the athlete to the effort level specified</b>  <b>Begin each step with warm up toss to 120 ft</b>  <b>End each step with 20 long tosses to 120 ft</b>	<b>Step 11</b>	<b>2 throws to each base (75%)</b>  <b>15 pitches (50%) *</b>  <b>15 pitches (50%) *</b>  <b>1 throw to each base (75%)</b>  <b>15 pitches (50%) *</b>
	<b>Step 12</b>	<b>2 throws to each base (75%)</b>  <b>15 pitches (50%) *</b>  <b>15 pitches (50%) *</b>  <b>15 pitches (50%) *</b>  <b>1 throw to each base (75%)</b>  <b>15 pitches (50%) *</b>
	<b>Step 13</b>	<b>2 throws to each base (75%)</b>  <b>15 pitches (50%) *</b>  <b>15 pitches (75%) *</b>  <b>15 pitches (75%) *</b>  <b>1 throw to each base (75%)</b>  <b>15 pitches (50%) *</b>
	<b>Step 14</b>	<b>2 throws to each base (75%)</b>  <b>15 pitches (50%) *</b>

		<p><b>15 pitches (75%) *</b></p> <p><b>15 pitches (75%) *</b></p> <p><b>20 pitches (50%) *</b></p> <p><b>1 throw to each base (75%)</b></p> <p><b>15 pitches to (50%) *</b></p>
	<b>Step 15</b>	<p><b>2 throws to each base (100%)</b></p> <p><b>15 pitches (75%) *</b></p> <p><b>15 pitches (75%) *</b></p> <p><b>15 pitches (75%) *</b></p> <p><b>15 pitches (75%) *</b></p> <p><b>1 throw to each base (75%)</b></p> <p><b>15 pitches (75%) *</b></p>
	<b>Step 16</b>	<p><b>2 throws to each base (100%)</b></p> <p><b>15 pitches (100%) *</b></p> <p><b>20 pitches (75%) *</b></p> <p><b>15 pitches (100%) *</b></p> <p><b>20 pitches (75%) *</b></p> <p><b>1 throw to each base (75%)</b></p> <p><b>20 pitches (75%) *</b></p>
	<b>Step 17</b>	<p><b>1 throw to each base (100%)</b></p> <p><b>15 pitches (100%) *</b></p> <p><b>20 pitches (75%) *</b></p> <p><b>15 pitches (100%) *</b></p> <p><b>15 pitches (100%) *</b></p> <p><b>20 pitches (75%) *</b></p> <p><b>1 throw to each base (100%)</b></p> <p><b>15 pitches (75%) *</b></p>

	<b>Step 18</b>	<b>1 throw to each base (100%)</b>  <b>20 pitches (100%) *</b>  <b>15 pitches (100%) *</b>  <b>20 pitches (100%) *</b>  <b>15 pitches (100%) *</b>  <b>20 pitches (100%) *</b>  <b>1 throw to each base (100%)</b>  <b>15 pitches (100%) *</b>
	<b>Step 19</b>	<b>1 throw to each base (100%)</b>  <b>20 pitches (100%) *</b>  <b>15 pitches (100%) *</b>  <b>20 pitches (100%) *</b>  <b>15 pitches (100%) *</b>  <b>20 pitches (100%) *</b>  <b>15 pitches (100%) *</b>  <b>1 throw to each base (100%)</b>  <b>15 pitches (100%) *</b>
	<b>Step 20</b>	<b>Batting practice</b> <ul style="list-style-type: none"> <li>- <b>100-120 pitches</b></li> <li>- <b>1 throw to each base per 25 pitches</b></li> </ul>
	<b>Step 21</b>	<b>Simulated game</b> <ul style="list-style-type: none"> <li>- <b>7 innings</b></li> <li>•</li> <li>- <b>18-20 pitches/inning</b></li> <li>•</li> <li>- <b>8 min rest between innings</b></li> <li>•</li> <li>- <b>Preinjury pitch mix</b></li> </ul>

**\*Rest 8 min 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 throwing 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 4 and advance 1 step daily to step 19, following soreness rules.

#### B. Non-throwing arm injury

After medical clearance, begin step 4 and advance 1 step daily to step 21, following soreness rules.

#### C. Throwing arm: bruise or bone involvement

After medical clearance, begin with step 1 and advance program as soreness rules allow, throwing every other day.

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

After medical clearance, begin with step 1 and advance program to step 6, throwing every other day as soreness rules allow. Throw every third day on steps 7-10 as soreness rules allow. Return to throwing every other day as soreness rules allow for steps 11-21.

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

After medical clearance, begin throwing at step 1.

For steps, 1-6, advance no more than 1 step every 3 days, with 2 days active rest (warm up and long tosses) following each workout.

Steps 7-10 advance no more than 1 step every 3 days, with 2 days active rest (warm up and long tosses) following each workout.

Advance steps 11-21 daily as soreness rules allow.

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