

THROWING PROGRAM

1. Use proper mechanics when throwing. A crow hop style should be used in this program rather than flat foot throwing.
2. Report any pain that occurs during the throwing program. General soreness is to be expected, but sharp pain should be reported.
3. Jog and stretch the entire body before you start throwing.
4. Warm-up consists of 10 to 15 minutes of tossing at 30 feet.
5. Do not start throwing at a fast speed. The idea is to get your strength and speed gradually over the several phases below.
6. You may progress to the next step when you can complete the step without any pain. It may take one day or a week to complete a step. Do not get discouraged if your progression through the steps is not a straight line. You are building a base so you can throw longer, harder and without pain when you return to play.
7. It is not mandatory that you ice your shoulder after you throw, but if the arm is quite sore, you may recover faster if you ice down.
8. **STICK WITH THE PROGRAM.** Do not deviate. It works.

45' Phase	
Step 1: A) Warm-up throwing B) 45' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 45' (25 throws)	Step 2: A) Warm-up throwing B) 45' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 45' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 45' (25 throws)
60' Phase	
Step 3: A) Warm-up throwing B) 60' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 60' (25 throws)	Step 4: A) Warm-up throwing B) 60' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 60' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 60' (25 throws)

90' Phase	
Step 5: A) Warm-up throwing B) 90' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 90' (25 throws)	Step 6: A) Warm-up throwing B) 90' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 90' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 90' (25 throws)
120' Phase	
Step 7: A) Warm-up throwing B) 120' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 120' (25 throws)	Step 8: A) Warm-up throwing B) 120' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 120' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 120' (25 throws)
150' Phase	
Step 9: A) Warm-up throwing B) 150' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 150' (25 throws)	Step 10: A) Warm-up throwing B) 150' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 150' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 150' (25 throws)
180' Phase	
Step 11: A) Warm-up throwing B) 180' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 180' (25 throws)	Step 12: A) Warm-up throwing B) 180' (25 throws) C) Rest 15 minutes D) Warm-up throwing E) 180' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 180' (25 throws)

180' Phase Continued...

<p>Step 13:</p> <ul style="list-style-type: none"> A) Warm-up throwing B) 180' (25 throws) C) Rest 10 minutes D) Warm-up throwing E) 180' (25 throws) F) Rest 10 minutes G) Warm-up throwing H) 180' (50 throws) 	<p>Step 14: Unrestricted throwing</p> <p>Activities/throwing velocity now can be increased to game competition levels.</p>
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Feet	Distance from home plate	Perform
45'	Halfway to first base	Daily
60'	Pitcher's mound	Daily
90'	First base	Every other day
120'	Second Base	Every other day
150'	Mid-center field	Every two days
180'	Deep center field	Every two days

Once able to complete a phase and remain pain free, you may progress to the next phase. Only complete one phase per day.