

Softball Infielder's Program

General Guidelines	Step	Criteria for Progression
<p>Complete a warm up lap around the field before each step</p> <p>Complete a 60 ft sprint before each set of throws</p> <p>Rest 8 minutes between sets</p> <p>All throws are limited arc</p> <p>All long tosses begin with a crow-hop</p>	Step 1	<p>Warm up toss to 45 ft</p> <p>15 throws @ 40 ft (50%)</p> <p>Field practice (50%)</p> <ul style="list-style-type: none"> • 5 throws @ 35 ft • 3 throws @ 45 ft <p>20 long tosses to 60 ft</p>
	Step 2	<p>Warm up toss to 60 ft</p> <p>20 throws @ 45 ft (50%)</p> <p>Field practice (50%)</p> <ul style="list-style-type: none"> • 5 throws @ 45 ft • 10 throws @ 60 ft <p>20 long tosses to 75 ft</p>
	Step 3	<p>Warm up toss to 75 ft</p> <p>20 throws @ 60 ft (50%)</p> <p>Field practice (75%)</p> <ul style="list-style-type: none"> • 5 throws @ 60 ft • 10 throws @ 75 ft <p>20 long tosses to 90 ft</p>
	Step 4	<p>Warm up toss to 90 ft</p> <p>20 throws @ 60 ft (75%)</p> <p>Field practice (75%)</p> <ul style="list-style-type: none"> • 5 throws @ 60 ft • 5 throws @ 84 ft • 5 throws @ 120 ft <p>20 long tosses to 120 ft</p>
	Step 5	<p>Warm up toss to 120 ft</p> <p>20 throws @ 60 ft (75%)</p>

		Field practice (100%) <ul style="list-style-type: none"> • 5 throws @ 60 ft • 5 throws @ 84 ft • 5 throws @ 120 ft 20 long tosses to 120 ft
	Step 6	Simulated game Warm up toss to 120 ft 20 throws @ 60 ft (100%) Field practice (100%) <ul style="list-style-type: none"> • 5 throws @ 60 ft • 5 throws @ 84 ft • 5 throws @ 120 ft 1 throw to each base from position (100%) 20 long tosses to 150 ft

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 daily as soreness rules allow.

Injury Classification

A. Baseline/preseason

Begin with step 1 and advance 1 step daily as soreness rules allow.

B. Non-throwing arm injury

After medical clearance, begin with step 1 and advance 1 step daily as soreness rules allow.

C. Throwing arm: bruise or bone involvement

After medical clearance, begin with step 1 and advance 1 step every other day to step 5 as soreness rules allow.

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

After medical clearance, begin with step 1. Throw every other day, but do not advance beyond step 1 for the first week. After the first week, continue to throw every other day, repeating each step through step 5 as soreness rules allow. On off days, use active rest program below for workout.

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

After medical clearance, begin with step 1. On days 1-14, throw every 3-4 days. Do not advance beyond step.

For days 15-28, throw step 1 every 2-3 days, but do not advance.

From day 29 on, throw every third day, advancing program as soreness rules allow. On off days, use active rest program below for workout

Active rest program- begin all throws with a crow-hop.

Warm up toss to 120 ft

5 throws each at 60, 90, and 120 ft at 50% effort

20 long tosses to 120 ft

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.