

## Softball Outfielder's Program

General Guidelines	Step	Criteria for Progression
<p>Complete a warm up lap around the field before each step</p> <p>All tosses with limited arc</p> <p>All long tosses begin with a crow-hop</p>	Step 1	<p>Warm up toss to 45 ft</p> <p>Catch fly balls or field ground balls and throw to cutoff at 60 ft (50% effort); repeat 5 times with 1 minute rest between throws</p> <p>15 tosses to 60 ft</p>
	Step 2	<p>Warm up toss to 60 ft</p> <p>Catch fly balls or field field ground balls and throw to cutoff at 60 ft (50% effort); repeat 5 times with 1 minute rest between throws</p> <p>15 tosses to 120 ft</p>
	Step 3	<p>Warm up toss to 90 ft</p> <p>Catch fly balls or field ground balls and throw to cutoff at 90 ft (75% effort); repeat 5 times with 1 minute rest between throws</p> <p>15 tosses to 120 ft</p>
	Step 4	<p>Warm up toss to 120 ft</p> <p>Field ground balls and throw to cutoff at 90 ft (75% effort); repeat 5 times</p> <p>Catch fly balls and throw to base at 120 ft (75% effort); repeat 5 times with 1 minute rest between throws</p> <p>15 tosses to 150 ft</p>
	Step 5	<p>Warm up toss to 120 ft</p> <p>Field ground balls and throw to cutoff at 90 ft (75% effort); repeat 5 times</p> <p>Catch fly balls and throw to base at 120 ft (75% effort); repeat 5 times with 1 minute rest between throws</p>

	<b>Step 6</b>	<b>Warm up toss to 150 ft</b>  <b>Catch fly balls and throw to base at 150 ft (100% effort); repeat 5 times with 1 minute rest between throws</b>  <b>Field ground balls and throw to cutoff at 90 ft (100% effort); repeat 5 times</b>  <b>20 tosses to 180 ft</b>
	<b>Step 7</b>	<b>Simulated game</b>  <b>Warm up toss to 180 ft</b>  <b>Field ground balls and throw to cutoff at 120 ft (100% effort); repeat 5 times</b>  <b>Catch fly balls and throw to base at 180 ft (100% effort); repeat 5 times with 1 minute between throws</b>  <b>20 tosses to 180 ft</b>

## 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 every throwing day.

### Injury Classification

#### A. Baseline/preseason

To establish a base for training and conditioning, begin with step 1 and advance 1 step daily to step 6, following soreness rules.

B. Non-throwing arm injury

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

C. Throwing arm: bruise or bone involvement (mild)

After medical clearance, begin with step 1 and throw every other day for the first week, following soreness rule. Do not advance beyond step 2.

Beginning the second week, throw every other day, advancing steps as soreness rules allow. On off days, you may throw the warm up and ending tosses of the previous day's workout.

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

After medical clearance, begin with step 1. For the first 2 weeks (days 1-14), throw every 3-4 days and do not advance beyond step 1.

On days 15-28, begin throwing every 2-3 days, but do not advance beyond step 1.

On days 29-42, use soreness rules to advance program, throwing every third day. (On days between workouts, you should throw the warm up and ending tosses of the previous day's workout.)

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.